

MGW

MOM GUESS WHAT NEWSMAGAZINE

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**Rainbow
Festival
2009**

Fiebre Latina

Beatriz Adriana



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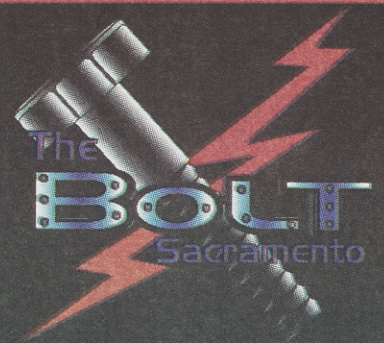
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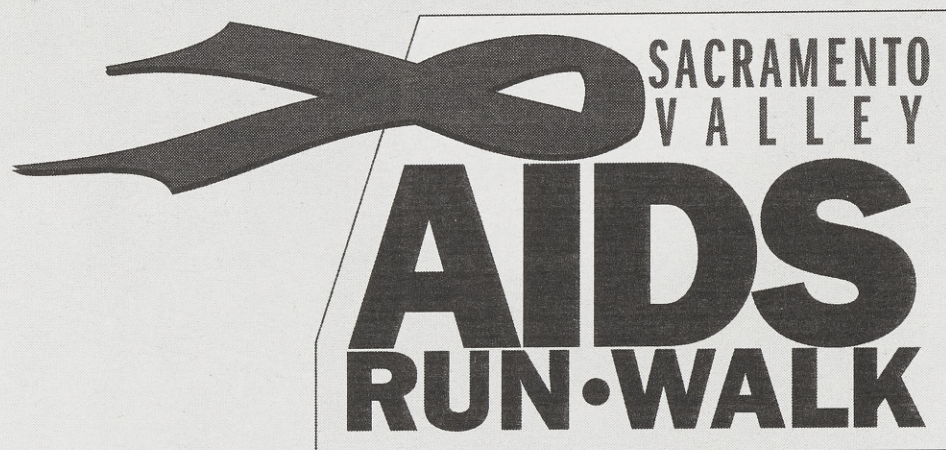
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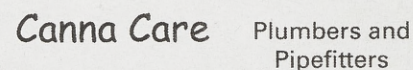
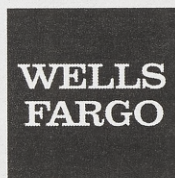
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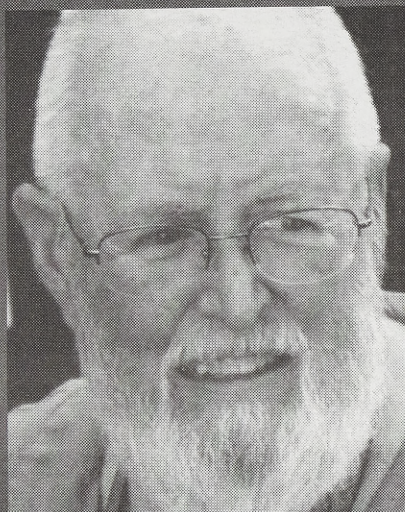
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JERRY SLOAN AT AGE 71 IS AN OUT PROUD GAY MAN AND HAS BEEN FOR 48 YEARS, HE SUCCESSFULLY SUED THE LATE REV. JERRY FALWELL AND THE PROCEEDS HELPED FOUND THE LAMBDA COMMUNITY CENTER (1986), HE IS ALSO COFOUNDER OF THE ANNUAL LAMBDA FREEDOM FAIR (1984) AND A FORMER MCC CLERGY WHO IS NOW A HAPPY ATHEIST. MRLAMBDA1937@GMAIL.COM

AROUND SACRAMENTO

Along with Marghe Covino on August 16th I attended a nice little party that had Kevin Wadsworth Johnson as the guest of honor. Kevin and his husband Paul Johnson, who passed away recently, lived in the Sacramento area for many years until seven years ago when they moved to Plymouth OH, to take care of Paul's parents.

While living in El Dorado County they were elected to the Republican County Committee and then viciously kicked off of it because they were gay. They went to court over it but the courts ruled the committee had the right to set the rules for its membership despite the fact they were duly elected to their position by the voters.

Paul and Kevin opened an antique shop in Plymouth by restoring an abandoned building in the downtown area and became active in community affairs. Even though Paul is no longer physically with him Kevin is now running for a seat on the Plymouth city council and at this point seems to have the inside track on winning.

Now that the ill called for March on Washington seems to be dying a slow death for lack of enthusiasm, planning and financial backing maybe all of our efforts can be consecrated on winning the fight for marriage equality in Maine. Make a contribution to this VERY important fight at www.Mainfreedomtomarry.com

AROUND THE COUNTRY

Ft. Worth TX: Michael Cox a professor at Southern Baptist Theological Seminary's School Church Music has taken early

retirement rather than leave his home church, the Broadway Baptist Church which recently was unceremoniously kicked out of the Southern Baptist Convention because it accepts GLBT folk into membership. It is a requirement that all seminary staff members maintain membership in a church affiliated with the Southern Baptist Convention.

Minneapolis MN: The Evangelical Lutheran Church in America meets Aug. 17-23, 2009 to try and overturn two decades of GLBT discrimination by allowing ministers in committed same sex relationships to serve congregations who call them to ministry. Churches who do not wish to have a GLBT minister will not be forced to have one.

There are 34 of 65 synods supporting the measure and 12 have asked that it be rejected. So it would appear the two decades of discrimination against same sex ministers in committed relationships may be headed for repeal.

On August 18 the conference voted that the clergy issue and other items would not require a super majority to pass.

Christian Fundamentalists are saying a tornado that went through downtown Minneapolis at the time the vote on the statement on human sexuality was warning from "God" to the Lutherans for getting soft on homosexuality.

Tupelo MS: Donald Wildmon head of the virulently anti-GLBT American Family Association is in the hospital with spinal meningitis. Hummmmm? Wonder what he's been kissing?

Anchorage AK: Mayor Dan Sullivan vetoed an anti-discrimination ordinance because according to the New York Times, "the vast majority of those who communicated their position on the ordinance are in opposition."

Sounds a lot like Bill Clinton's recent explanation at the Netroots national conference as to why we have Don't Ask, Don't Tell, because the gbt community did not do enough calls and letters to the members of Congress.

According to the logic of Sullivan, Clinton and 52% of the people supported Prop 8 the majority who wants to discriminate is always right.

ON THE FOREIGN FRONT

Iceland: KUDOS to the 11th annual Gay Pride Parade in Reykjavik, Iceland, where on August 12th a crowd of 80,000 or about one fourth of Iceland's entire population viewed the parade.

Moscow: Recently the Russian government moved to close all gambling casinos and establish a gambling district in a remote part of the country. Now there seems to be a move afoot by officials in Moscow to close gay gathering places such as bars, saunas and love hotels (Love Hotels? -- I have GOT to visit Moscow).

On August 7th over 70 protesters gather in front of a popular gay bar called Body & Soul. The protest was organized by the Russian Union of Evangelical Christians (Pentecostals) who carried signs reminiscent of signs we see carried by Slavic Pentecostals here in Sacramento, "Families Against Homosexuals," and "God Is Against Homosexuals."

A spokesperson for the protesters said they wanted to back the Moscow authorities.

It is ironic the GLBT community of Moscow cannot get a permit to hold a GLBT pride parade but these religious bigots can get a permit and intimidate law abiding GLBT citizens.

Hold that thought, on August 15, it was announced the Moscow authorities were going to allow a protest on August 24 at the office of the Perfect of the Northern District of Moscow to protest his moral crusade.

The only catch to this protest action is the protestors can't mention homosexuality and if they do they will be subject to arrest.

Belarus: The country of Belarus has its own version of the discredited psychologist Dr. Paul Cameron in the person of Dr. Igor Rybin an associate professor of physiotherapy and balneology at the Belarusian Medical Academy of Post Graduates who says homosexuality is a "spiritual disease A person starts with homosexuality and proceeds with bestiality, pedophilia and necrophilia and he can't stop"

He also blames the decrease in population growth in the Russian Federation and former republics on homosexuality.

Dr. Rybin also says, "Only Christian outlook and up-bringing in the bosom of the Church will protect a person from this awful phenomenon."

I guess the ignorant doctor has never met a GLBT person who spent years in agonizing prayer until they came to the realization they were just as their deity made them and they were not sinners bound for hell.

China: Authorities have seized an underground lesbian magazine, Les +. The magazine started publishing in 2005 as an effort to reach Beijing's burgeoning queer women's movement. According to tree women associated with Les Plus the magazine published articles containing "graphic descriptions of queer sexuality paired with provocative photos and political analysis."

An interesting picture in the latest issue of the magazine is a Chinese version of Rosie the Riveter flexing her bicep beside the caption, "We can do it!" It also has a review of the movie Milk with a picture of Sean Penn.

In 2007 women in Beijing started an activist training camp called LaLa Camp which attracted 100 LBT women. In 2008 they held four camps in different regions of the country each attended by 100 LBT women and plan to do the same this year.

Closer to the US, the GLBT community of the Caribbean Republic of Trinidad and Tobago are trying to get their government department of Community Development, Culture and Gender Affairs to address the needs of the GLBT community after the Cabinet Minister stated in a press conference, "We are not dealing with any issues related to same-sex unions, homosexuality or sexual orientation."

And so goes the struggle . . . See you at the Rainbow Festival and Street Fair.

SOLILOQUY: TALKING WHEN ALONE (TO ONE'S SELF AND NOT BEING CRAZY, LOL): THE ACT OF SPEAKING WHILE ALONE, ESPECIALLY WHEN USED AS A NEWSPAPER COLUMN THAT ALLOWS THE WRITER'S IDEAS TO BE CONVEYED TO THE READER

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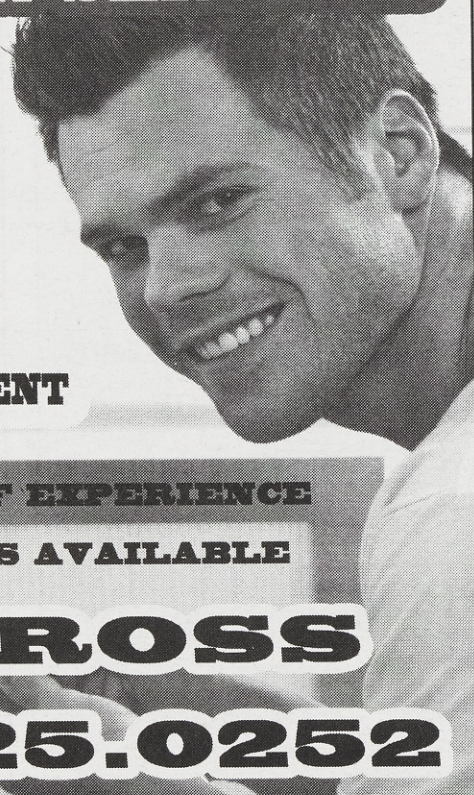
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SAME SEX MARRIAGE WHAT DO WE DO NOW?

BY BOYCE HINMAN

Earlier this month Equality California announced that it would no longer push for an initiative, in 2010, to overturn Proposition 8. There are still three marriage ballot initiatives that might qualify for the 2010 ballot, but, without the support of Equality California, they are much less likely to get on that ballot.

Many people will be tempted to tune out of this issue for the next couple of years and then get re-engaged in 2011 or 2012, if an attempt is made to get an initiative on the 2012 ballot. That would be a very serious error.

People like me, who opposed trying to overturn proposition 8 in 2010, did so, primarily, because we know more time is needed to turn around the opinion of the voting public on the issue of same sex marriage. According to a Field Poll report issued on August 5, only 49% of California registered voters approve of same sex marriage. Ten months ago, in the 2008 election, only 47.7% of the voters voted against proposition 8, the initiative to ban same sex marriage. The difference between those numbers is within the statistical margin of error and represents no change in the opinions of the voters.

If we want to win an initiative battle in 2012 we need to start work on it now. Why do I say this? If the same number of people voted on a 2012 initiative, as voted on proposition 8, (15,402,566 voters) and if all the people who voted against prop 8 voted to overturn prop 8 in 2012, we would still need 854,224 MORE people to vote on our side in 2012. That is well over 3/4 million new supporters. And that would give us only a razor thin margin of 51%. We really should aim higher.

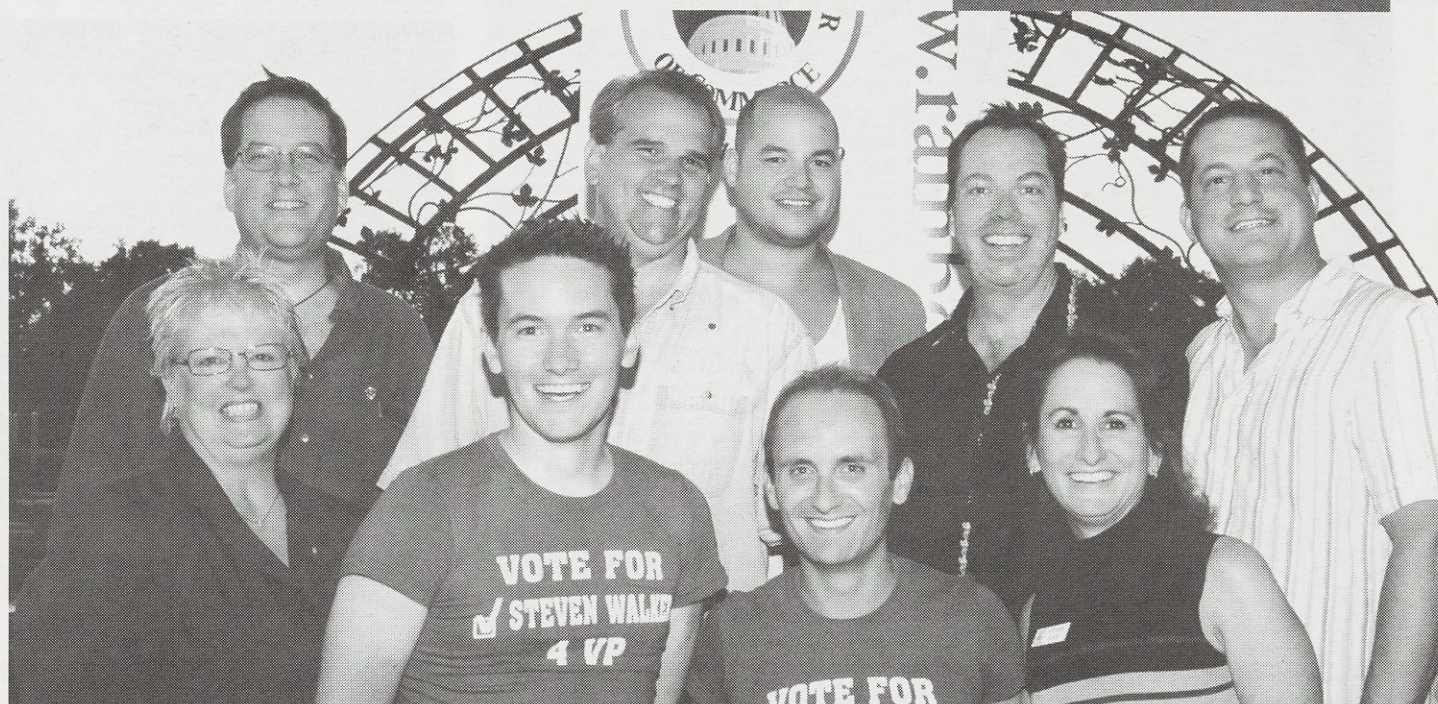
Our community needs to start now preparing and implementing a well designed strategy whose goal is to change voters minds on same sex marriage. We should not even consider putting marriage on the ballot until we have concrete evidence that enough new voters support our side.

What should that strategy look like? I am not a professional in these matters, but here are some of my suggestions.

1. We need to get a clear, unbiased picture of who voted against us and why. This will help us design a campaign that responds to their reasons for voting against us, one designed to genuinely relieve their concerns, not bludgeon them into submission.

2. We need to analyze the geography of our defeat. This can help us conserve resources by concentrating our campaign in the areas where we have the most to gain. For example, even in Los Angeles, only 49.9% of the voters opposed proposition 8. In that county, 50.1% of the voters were registered Democrats and only 24.06% were Republicans. We should have done better there. It would be prudent to make LA, with its large number of voters, one target of the campaign.

3. Our community really needs to care about what other communities care about



and to demonstrate that vividly. Initial reports, after the vote on Proposition 8, indicated that perhaps 70% of African American voters supported Proposition 8 and 57% of Latino voters supported it. Later reports indicated that the support rate among African Americans was closer to 57-59%.

There was widespread outrage in the LGBTI community at the support for Proposition 8 among African Americans and Latinos. However, I never hear similar outrage among white members of the LGBTI community about the injustices suffered by People of Color. In fact, for many years, I have found it very difficult to persuade white LGBTI people to support issues of importance to People of Color. It is unrealistic to expect other communities to support the needs of the LGBTI community if we don't support those other communities.

African Americans and especially Latinos, because of their large numbers in the population, are key to winning the battle on same sex marriage in California. If we hope to win that battle our community is going to have to show much more vigorous, and visible support for the issues People of Color care about.

TWO DOWN, ONE TO GO

BY BOYCE HINMAN

This year people have been gathering signatures on three ballot initiatives that would affect the right of same sex couples to marry in California. The problem with these initiatives is that they could get on the ballot before the LGBT community has done the work needed to make sure it could win.

Two of the initiatives have failed because their supporters did not submit the necessary number of signatures on petitions to the Secretary of State's office by the deadline. On these initiatives, the deadlines for getting the signed petitions to the Secretary of State was earlier this month. A representative of the Secretary of State says these initiatives will die at the end of August.

One of the initiatives would have asked the voters of California to entirely remove the concept of marriage from California law. If this initiative had passed, anyone seeking to register their relationships with the state would have had to register as domestic partners. This would be true for heterosexual couples as well as same sex couples.

The second initiative would have asked the voters to overturn Proposition 8 and to allow same sex couples to marry in California.

A third initiative is still alive with people gathering signatures to try to get it on the ballot. This initiative would, if approved by the voters, overturn Proposition 8. The deadline for submitting signatures on this initiative is a long way off, November 19. Although 694,354 valid signatures would be needed to get this initiative on the ballot, it is possible that they could gather enough signatures to qualify it by the deadline.

It is important that no such initiative is placed on the ballot until our community is sure it has the votes to win. Please do not sign this initiative.

RAINBOW CHAMBER OF COMMERCE ELECTS 2009-2010 BOARD OF DIRECTORS

The Sacramento Rainbow Chamber of Commerce elected two new members and seven incumbents to its Board of Directors in a hotly contested race that attracted the largest number of candidates in the organization's seven-year history. Thirteen candidates competed for five member-at-large seats. The new board will be formally installed at the Chamber's 3rd Annual Installation Dinner, to be held Sept. 22 at the Radisson Sacramento. Tickets for the event are \$75 before Aug. 31, with proceeds benefitting the Chamber's 501c3 sister organization, the Rainbow Chamber Foundation (www.rainbowchamber.com).

The Chamber's 2009-2010 Board officers

are: President/CEO Fred Palmer, publisher of Outword Magazine, elected to a third term Vice President Steven Walker, CEO of Fast Break Tech Inc., elected to a fourth term Secretary Stephanie Slagel, State Farm Insurance agent, elected to her first term Treasurer Jason Russell, CPA, of accounting firm Marcia Fritz & Company, elected to a fourth term

The Chamber's five 2009-2010 Board Members at Large are: Brian Bentzen, Pampered Chef host, elected to a second term; Attorney Gerald Filice of Filice Law Offices, elected to a second term; Roy Guira, stylist, The Associates Salon, elected to a second term; Dr. Darrick Lawson, D.C., owner of Lawson Chiropractic Corporation, elected to a first term; Bonnie Osborn, owner of public relations company WriteAway Communications Services, elected to a second term.

Palmer said the high degree of interest in the election and large number of candidates is a reflection of the Chamber's recent membership growth and expansion of services. The Chamber has doubled its membership to over 260 members in the past 12 months, recently hired its first paid, part-time administrative staff person, and significantly increased the number of networking and professional development events it hosts. "We were fortunate to have such an impressive slate of talented, enthusiastic candidates this year," Palmer said. "I look forward to working with all of them on committees and special projects and to making use of their energy and fresh ideas to build and improve this organization."

The purpose of the Sacramento Rainbow Chamber of Commerce is to promote networking among the gay and lesbian business community and its supporters; to enhance awareness of political and social issues; and to encourage involvement in charitable causes. For more information about the Sacramento Rainbow Chamber of Commerce, visit www.rainbowchamber.com.



BY OWEN EDWARDS

What's Raging at Russian River

PHOTOS BY NATHAN FELDMAN. CLUB YAMAGATA, THE "TRIPLE R" AND RAINBOW CATTLE CLUB.

It's amazing sometimes how fast time passes. It seems like just the other day I was breaking out my swim trunk and getting all ready for Summer and today I'm sitting here writing about Labor Day Weekend. And while Labor Day is the "official" end of the season the river never ends being a great place to be.

Labor Day Weekend is pretty much a town wide party. It doesn't really matter where your staying or where you are hanging out, it's going to be fun. The main venues in town are all doing something big and bold for the weekend.

So to start the run through of the parties, lets get into Club Yamagata. They are known around Sonoma County as the "Pan Sexual" bar. I'm not exactly sure why, but in my view it's really just about the fact that everyone hangs out at Club Yamagata. It's not a gay bar, it's not a straight bar or a dance club or anything with labels attached. Just a great place to hang out with friends and have a great drink. Club Yamagata starts out the weekend with Friday September 4th Bollywood Party. DJ Zobieta getting Hindi with it. Costumes encouraged and some fabulous drink specials to round out the evening. Saturday September 5th brings us the Fire Island Party. DJ John Parker spins the night away. And don't bother changing, come out in your swim trunks. Sunday September 6th brings us the Second Annual Pirate Party. It's the end of the Summer Blowout. This is a night of debauchery with pirate costumes, rum punch and all things to encourage getting your booty pillaged. And a quick final note on Yamagata, they just put in a brand new pool table. Tournament games will be starting up soon. Check on the website at clubyamagata.com for schedules and times. Club Yamagata is located in Downtown Guerneville at the Heart of the Russian River 16225 Main St.

Just across the street at the Rainbow Cattle Company they are having their Steer Tag Party on September 4th. Stop by and get yourself a tag for the party. It's a color code that breaks down as Yellow - Maybe (Buy me a drink first) ; Green - Yes, I'm Single; Yellow on Red - Taken (But I may be persuaded) ; Green on Red - Taken (But WE play) ; Green on



Green - Yes, I'm Easy. And of course I'd personally recommend if you haven't yet had one of their Mason Jars of Long Island Ice Tea, you should think about having just one. It's a all night drink and one really is enough. You can find them on line at queersteer.com and they are located at 16220 Main Street. Rainbow is open 6 am to 2 am 365 come hell or waters high.

The third venue is of course the Russian River Resort. The RRR is having the traditional Kim Kuzma weekend. I love Kim. She is a talented singer and has such the stage presence. Her shows are always well worth the trip if just for that. She will be on the main stage Friday Night with no cover. And I don't want to forget to mention that Friday afternoon DJ Jenny is going to be spinning around the pool. She has always had such a fun mix of music that is perfect for sunning poolside. Saturday brings another pool party of course with DJ JFX. Though the big news is Ida Slapater that night on the main stage. Ida isn't your average run of the mill drag queen, but keeps everyone laughing with witty banter and fun drag numbers throughout the show. Sunday brings DJ Silence Fiction pool side and the best of the RRR Drag that night. It's the return of all the best numbers and performers from shows past (with a few new ones thrown in.) Starting Mercy Fuque, Glamamore, Luck Licker, Vinsantos, HokuHoku Mama Swamp and Fauxnique. And rounding out the weekend with a pool party on Monday afternoon. DJ TBA at this point in time.

Now looking a bit into September the events don't stop. With the return of the Celebrity Pie Throw on the 12th. This will be the 17th annual pie throw. It's always a fun afternoon of pies and a chance to help raise a chunk of change for the community. Now also that weekend is Hag Fest. With the Divas Shawn Pelofsky, Vcki Barbolak and Jody Ferdig. You're her gay and she's the best friend you can't live without. And if your coming from San Francisco you might want to think about doing the day tripper bus. The Party bus to the Russian River Resort from Cafe Flore in SF. Round trip includes pool pass to the Triple R, Free

on-board cocktails courtesy of Three-Olives Vodka and a free coffee or soda at Cafe Flore with the purchase of a ticket. Breakfast party starts at 10am at Cafe Flore and departs at 11AM. Bus returns to SF at 11PM. Hosted by SF's hottest Drag Icons this is THE party Bus to be on! All of this for the small price of \$29.

Finally I wanted to wrap up this article with a quick mention about the great gang over at Sonoma Nesting Company. I love what they are doing with the retail space right off the plaza in down town.



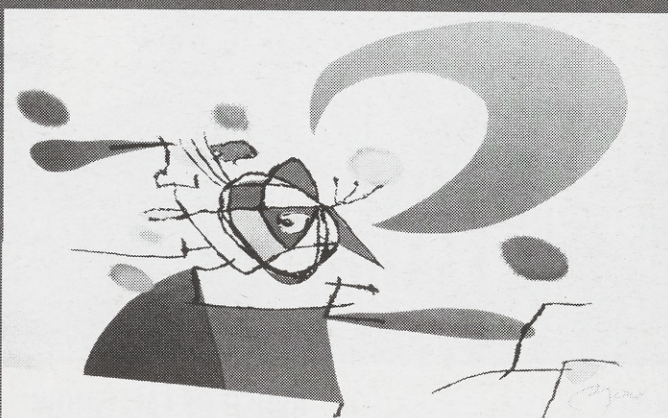
The space used to be a old garage and gas station. They turned it into a amazing venue for fine home furnishing, art and garden supplies. I love the various Japanese Maples and other small trees they carry. I've always loved bonsai and can't get enough of it. 16151 Main Street is the space to stop by on your next run though town.

Well that's a wrap for this article. I personally look forward to the coming fall season. With the grape harvest and crush, crisp cool nights and days that are still warm usually though October. And keep an eye out for some major fun coming for Halloween.

If you have any questions about the river, feel free to drop me a line at mzalicedee@gmail.com or tune into my weekly radio show on KGGV 95.1 LP FM The Bridge (Streaming at KGGVfm.org) every Sunday night but the 4th from 9 to 10 pm.

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FESTIVAL OF FORMS MARKS CLOSING OF SOARING VOICES EXHIBIT

The Crocker Art Museum will host a family-friendly afternoon of lively performances, anime films, Taiko drums, dance and art making on Sunday, October 18, 12-3 p.m. The Festival of Forms celebrates the innovative forms on view in Soaring Voices on the closing day of the exhibition.

The Festival of Forms brings together the arts and culture of Japan, featuring the Northern California Koyasan Temple Children's Taiko Group and traditional Japanese dance by Sakura Minyo Doko Kai. Artist Linda S. Fitz Gibbon will demonstrate hand-building techniques while the Matsuyama-Sacramento Sister City Corporation will demonstrate traditional Japanese calligraphy. All ages will enjoy anime film and ignite their imagination with art-making activities.

Soaring Voices celebrates the revolution in clay by the women who broke through the barrier of the once male-only field of Japanese ceramics. With more than 80 objects from vessels to sculpture, this exhibition surveys the accomplishments of 25 leading female figures in contemporary Japanese ceramics.

"The women featured in this exhibition catalyzed contemporary Japanese clay," said Diana L. Daniels, associate curator, Crocker Art Museum. "This exhibition is the most extensive effort to date to recognize their innovative and provocative production."

Admission to the Festival of Forms and Soaring Voices is \$6 adults, \$4 seniors, \$3 students and free for children age six and under. For more information, call (916) 808-7000 or visit crockerartmuseum.org.

The Crocker Art Museum was founded in 1885 and continues as the leading art institution for the California Capital Region and Central Valley. The Museum offers a diverse spectrum of special exhibitions, events and programs to augment its collections of California, European and Asian artworks. The Crocker is located at 216

O Street in Downtown Sacramento. Museum hours are 10 a.m.-5 p.m., Tuesday-Sunday; 1st and 3rd Thursdays until 9 p.m. Free admission on Sundays from 10 a.m.-1 p.m. is made possible through the support of Bank of America. For more information on exhibits and events call (916) 808-7000 or visit crockerartmuseum.org.

GREEN ROOM EXTENDED

Friends of Dorothy Productions, an all-enclave theatre company has added an additional weekend to their current production of "The Green Room - the College Musical". Originally scheduled to close on August 29th, the run has been extended to include performances on Fri., Sept. 4 and Sat., Sept. 5 at 8 p.m. See the new musical that is entertaining Sacramento theatre audiences and reviewers alike.

The show is a new backstage musical illustrating the journey of four best friends in college determined to make it out of the college green room and onto the Broadway Stage.

The show's Lyrics and music by Chuck Pelletier and Book by C. Stephen Foster and Rod Damer. Directed by Kevin Caravaho, Musical Direction by Jane Veimiester, Choreography by Terri Taylor. The show stars Jacob Montoya as Cliff, Jessica Goldman as Anna, Lafras le Roux as John and Courtney Parks as Divonne, as well as the Band: Jane Viemeister, Alfonso Portela and Chelsea Gordon

The California Stage, 2509 R Street Fridays and Saturdays through Sept. 5 at 8 p.m., Thurs., Aug. 20 & 27 at 8 p.m. Additional performance on Sat., Aug 22 at midnight. Save \$5 - \$7.50 off the ticket price when you purchase in advance online at: fodproductions.com, 916.534.7496

FOLSOM RENAISSANCE FAIRE RETURNS ON OCTOBER 17

Folsom Renaissance Faire will return to Folsom City Lions Park October 17 and 18, 2009. It is a fantastic event for the whole family and I hope you can help me spread the



word about it!

This year's theme is Shakespeare's Muse. The park will be transformed to a delightful Elizabethan town filled with myriad characters and vignettes resembling those of Shakespeare's most beloved plays. In addition, over 900 costumed entertainers and hundreds of shopkeepers and artisans will add to the ambience of the Faire.

Over 900 costumed entertainers and over 100 shopkeepers and artisans will add to the ambience of the Faire. This year we have a special treat for the patrons, a Joust to add the magic, splendor and showmanship. The Knights will offer the most authentic, exciting and entertaining Joust show. The faire will feature three stages of continuous entertainment, Queen Elizabeth's court, Shakespearian plays and vignettes, expertly staged battle scenes and theatrical performances, lively crafts marketplace, storytelling for children and adults, dancing, archery tournaments and much more. There will be merchants selling a wide array of arts and craft including one of a kind jewelry items, woodcrafts, artwork, ceramics, clothing, hats, accessories and historic weapons.

The cost of admission is \$14.00 for adults, \$9.00 for seniors, and children ages 6-12. Children under six are free. Parking on site is \$4. For more information, and directions to the grounds, visit www.folsomfaire.com or call Folsom Parks and Recreation Department at 916-355-7285. For more information visit www.folsomfaire.com

BRUSH OF FALL SHOW RUNS SEPT. 10 - OCT. 4

A "Brush of Fall" will bring a touch of the earthy colors of fall in the paintings featured at the gallery from September 10 through October 4. You can view the rich hues of ripe harvests, warm flowing rivers, and fields of gold and green in an array of paintings that reflect and enhance our everyday world. Still life paintings accentuate nature's beauty in a selection of unique compositions. Join us to enjoy a bit of the end of summer and the beginning of a new season in all its glory.

Now in its eleventh year, Chroma Gallery - Northern California's premier plein-air gallery features the works of 16 local artists. Chroma Gallery is located at 10030 Fair Oaks Blvd., just off Sunrise Blvd., in the Village of Fair Oaks. Open Thursday - Sunday from noon until 5PM, Second Saturday until 9PM or by appointment. Phone (916) 966-6020 for more information visit the website at www.thechromagallery.com

NEW! ARTISTS IN ACTION: During the Second Saturday reception on September 12 from 5 to 9 PM, Tina Jalalian will demonstrate her style of painting and will answer questions regarding her methods of composition and technique.

EMAIL YOUR EVENTS AND NEWS RELEASES TO:
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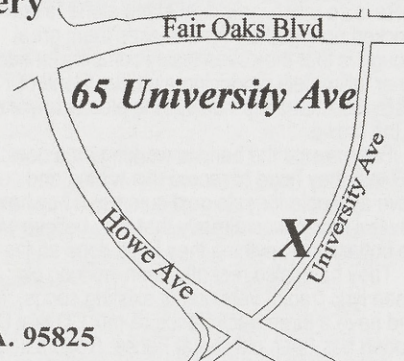
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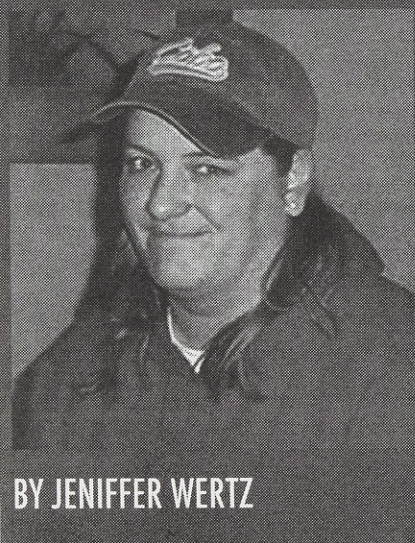
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Rendezvous w/ Cool Beans



BY JENIFFER WERTZ

I love this band. I love them so much, I want to write about them again, and again, and again, and again, if that's what it takes to get someone from the music industry to notice them.

You may recall that I wrote an article entitled "Local Girls that Rock!" for our Pride edition back in June of this year. Right after my article, N.E. Francis of the Sacramento Examiner wrote an article about their CD "The Gig", entitled "Quite Possibly the Most Perfect CD Ever", in which she states "Number one: You absolutely must buy this CD. Number two: This group needs to be signed by a major record label... ASAP."

Now it's our Rainbow Festival edition, and my favorite band, RCWB, will be playing the main stage, 20th/K St., on Sunday September 6th at 5pm. They will also be playing the after party at Headhunters from 8pm - 10pm.

I have had the opportunity to see them live at Headhunters a few times since the last article. I have also had the opportunity to listen to their demo CD, their "Love & Marriage Rally" Prop 8 rally memorabilia CD, their dance remix CD, as well as several new songs they are working on.

On each occasion, I have been more and more impressed. Every time I listen to a new RCWB song, or pay attention to a specific member of the band, I find something new I like about them. I feel like I missed so much with the first article that I want to give you an update.

I'm now convinced vocalists Kelly Rogers

and Christian St. Croix are in fact Melissa Etheridge and Lenny Kravitz in disguise (smile). I hadn't originally taken particular note of "Uncle Max" Perry, but I listened to a guitar solo he played last Saturday, and I swear the guy plays an electric guitar as if he were Santana himself (complete with rock star moves).

Vocalist Lisa "LaLa" Peterson not only has a killer voice, she's been tossing out new original songs with phenomenal lyrics. Singer/Rapper Kayatta "KP" Patton gets the crowd up on their feet, and I watched her as she transformed into freestyle mode, a transition that was as smooth as silk. Crystal Rivas and Rachel "Stix" Montano consistently hold it down on the bass and drums, while Jennifer Fritz manages the sound and sings back-up vocals.

The band's manager, Kelly Rogers, said that Rivas is in the process of learning hand percussion, which is going to be incorporated into their show soon. Rogers said "Stix" also plays bass and guitar very well, and Fritz writes incredible back-up vocals. Within this band there is so much individual talent alone stacked up together. What makes them great though is that they seamlessly compliment each other, ultimately producing a unique blend of R&B, Rock, and hip-hop sure to please anyone in the crowd.

Rogers said the band is working on a new CD that they hope to record this winter, and have available for sale next summer. They have several new songs already that they believe will be better than anything they have done so far.

They have also recently been working on clean lyric "radio" versions of existing songs, and have a three track dance re-mix CD that DJ Robert has been playing at Faces. Rogers said "the crowd at Faces went wild when DJ Robert played our dance mix songs". Rogers was very appreciative of the support they have received from the community thus far, and hopes that they will continue to gain momentum.

RWCB plays every 1st Sunday of the month between 4pm - 6pm, and every 3rd Saturday of the month between 7pm - 9pm at Headhunters, 20th/K St. in Sacramento. The shows are always free and there are no age restrictions (Sunday shows are more family friendly). Private parties are available and can be booked at 916-204-4463 or drummergirl252001@yahoo.com. "The Gig" CD can be purchased through iTunes, CDbaby, or at the Beat records store in Sacramento. You can also check them out at myspace.com/rendezvousliveband.

So, once again, I hope you come out and support our local girls that rock. I'm going to keep on writing and writing until someone from the music industry notices how great they truly are.

EAN ANSWERS 2010-12 DEBATE

Tina Reynolds, co-founder of Equality Action NOW, a grassroots civil rights organization announced their official stance on the debate of placing the same-sex marriage issue on the 2010 or 2012 ballot in California.

After communicating with several fellow member activists, Reynolds announced, "Our fight for equality is ongoing. 'When' is really not an issue for us. Equality Action NOW does not take a stand one way or another since choosing a date has worked to polarize our community. We will be there whenever a rally, a vote, a stand needs to be made and we will support all of our brothers and sisters in solidarity."

Since the California Supreme Court upheld Proposition 8, the measure adopted by voters in November to ban gay marriage, the state's gay rights activists have been at odds over when to ask voters to repeal the same-sex marriage ban. Among the larger organizations, Equality California came out strongly supporting 2012, while the Courage Campaign just as vehemently supports 2010. In a recent article in San Francisco's Bay Area Reporter, Molly McKay, spokesperson for the national organization, Marriage Equality USA, said her membership is "split" over the issue.

Locally, the question of when to place a date that may end or prolong the marriage fight is just as heated. Equality Action NOW's decision to not take a stand is reflective of the organization's attitude of wanting to be a cohesive and proactive movement that is focused on the hard work and stamina it takes to lead a campaign to change the hearts and minds of voters.

EAN and its members have been the leading force locally in Sacramento hosting several large star-studded rallies on the steps of the California State Capitol building. They have been known as the "go-to" organization if an issue needed a voice. Their hard-working all-volunteer leadership is equipped, almost overnight to respond immediately to breaking news. A recent example is the protest march and vigil organized and led by Equality Action NOW for murdered Camp Pendleton Navy Seaman August Provost July 10, 2009 outside Headhunters, a local gay bar. The decision to hold the vigil was made in a meeting Tuesday evening, the same week as the event.

Tina Reynolds and her award-winning civil rights organization is focused on winning a battle rather than getting involved in the politics of an issue. This summer their fight against hunger resulted in hundreds of pounds of food being collected for the local food banks. Their fight against homelessness resulted in supporting "Safe Ground", a local effort to provide Sacramento's homeless with a safe place to camp out, when every other door was closed to them. Their fight to win back the right for same-sex couples to enjoy the same rights straight couples have "is not over and will be fought with much vigor and hard work no matter when it lands on the state ballot".

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SACRAMENTO WOMEN'S CHORUS

BY JEINFFER WERTZ

The Sacramento Women's Chorus (formerly known as the True Colors Women's Chorus) has been around for 22 years, per artistic director Joe Velez, who recently lead the group at the Reno Pride event. The Chorus, which has over 30 women members, changed their name in an effort to be more inclusive of all women, regardless of their sexual orientation.

The Chorus meets at the First Christian Church at 3901 Folsom Blvd., near 39th/ Folsom Blvd. each Monday from 6:30pm – 9:00pm for practice. Velez said they are always open to new women members, and encourage women of all backgrounds and orientations who can hold a note to become members. Per the Chorus' website:

"Sacramento Women's Chorus is a non-profit group of women who are building community through our love of music, dedication to musical excellence and commitment to performing music which reflects the lives of women."

Sacramento Women's Chorus makes about a dozen appearances a year on behalf of women, the environment, peace & justice, LGBT equal rights, tolerance and the celebration of diversity."

The Chorus has performed the National Anthem at the Kings and Monarch's games, and on opening day at Raley field. They have done charity events for Hospice, and are having a yard sale to raise funds on September 26, 2009 in East Sacramento. The next major concert event, which will benefit W.E.A.V.E., is called "Singing for our lives", a stand for peace and fight for justice. It will be held at Central United Methodist



church, 5265 H St., starting at 7:30pm on October 24th, 2009.

Tickets can be purchased in advance at a discount through the Chorus' website for \$10, at the Chorus' Rainbow Festival booth, or by contacting Joe Velez or Jeff Davis, who both work at Headhunters during the evening.

Tickets can be purchased at the door for \$12, and students/seniors can buy tickets anytime for \$10. There will be baskets to raffle and a guest performer... Irina does live looping – a fascinating process where she lays down live tracks and accompanies herself.

The Chorus will also be opening the Rainbow Festival on the main stage at 20th St./K St. on Sunday September 6th. More information can be found by visiting the Chorus' website at sacramentowomenschorus.org, or by calling 877-758-7827.

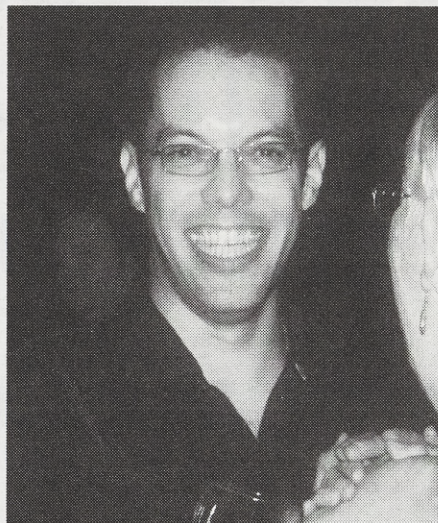


PHOTO: (ABOVE) FOR THE FIRST TIME, SACRAMENTO WOMEN'S CHORUS MEMBERS MARY NIKAKIS, ASHLEY WILBORN, MARIBEL VARGAS, RITA BIRDSONG, ANS MCCULLOUGH, GAIL EVE, MARY BLANCHETTE, ALLYN PHARO, KATI GARNER, PATRICIA WASHINGTON, TONI HANSEN, AND, ELIZABETH SARNOFF, CAROL JEAN, (JESSICA WILLIAMS NOT PICTURED) AND JOE VELEZ, ARTISTIC DIRECTOR PLAYED TO THE CROWD AT THE RENO GAY PRIDE FEST ON SATURDAY AUG. 15. THEY OPENED WITH THE NATIONAL ANTHEM. PHOTO BY MARILYN BRAZELL.

PHOTO: (LEFT) JOE VELEZ, ARTISTIC DIRECTOR OF SACRAMENTO WOMEN'S CHORUS, GREETES PEOPLE DURING THE RECEPTION HELD THE NIGHT BEFORE RENO GAY PRIDE FESTIVAL AT CIRCUS CIRCUS. VELEZ HAS BEEN DIRECTING THE CHORUS FOR ABOUT TWO YEARS. THE CHORUS HAS DOUBLED IN SIZE OVER THE PAST YEAR. PHOTO BY KATI GARNER

Our cat missed her curfew last night. Again. She's normally inside by the time we go to bed, but these balmy summer evenings are the call of the kitty-wild to Dear Pussy (not her real name).

Wife and I tried and tried to call her in, but she ignored our coaxing. Maybe you heard us — or some other equally desperate cat owner — stage-whisper hissing out into the darkness, "Psss psss psss, kitty kitty kitty, psss psss psss!"

Wife, who has to get up earlier than I do, gave up and went to bed. I was too worried.

Big raccoons nest in the spruce tree behind our house, and a raccoon could easily shred a little cat. What if Dear Pussy tried to cross the street? Late-night speeders might, at best, be looking out for cop cars, but are not likely scanning the road for black and whites of a much smaller scale.

I pushed the screen door open and tried again, psss-psss-psssing for all I was worth. Nothing. At least no snarling raccoons. Or screeching tires. Or worse. If I was going to wait up for Dear Pussy, I'd need some distraction. I switched on the late edition of the Rachel Maddow show. My favorite commentator's brilliant news analysis might at least ward off dire imaginings of feline catastrophe.

Rachel recounted how President Obama has yet to overturn Don't Ask Don't Tell, pass the Employment Non-Discrimination Act, or undo the Defense of Marriage Act. Is he straying too far from his campaign promises? How many Obama supporters does it take to coax him back to what he pledged to the LGBT community? Are my president and my cat beyond retrieval? Do I have enough audacity of hope?

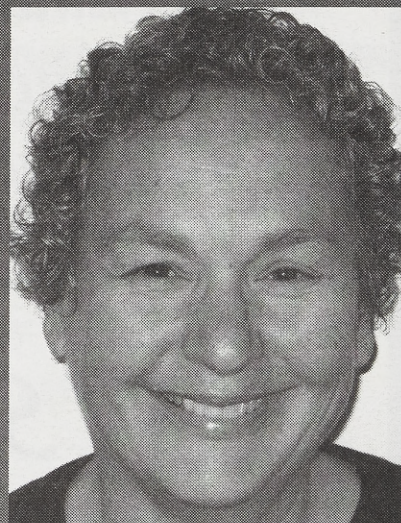
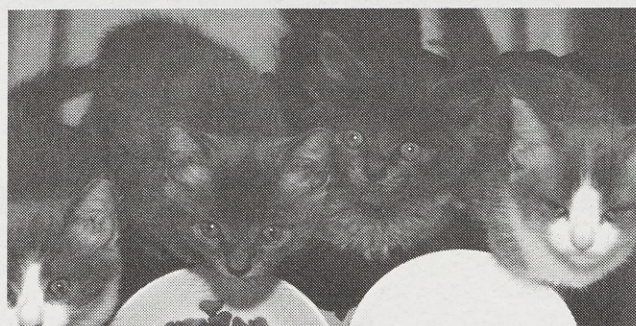
Eventually, Rachel, in all her Rhodes-Scholar dykey handsomeness, bid me good night. I clicked off the TV and barefooted onto the back deck. "Psss-psss-psss, kitty kitty kitty, psss-psss-psss."

At last, Dear Pussy came prancing up the back steps as if it had just occurred to her that she'd prefer to spend the night in the comfort and safety of her own home with the people who pet her and groom her, buy expensive organic kibble and pay the vet bills, and where she has access to fresh water, scratching pads, and, even better for claw sharpening,

our furniture. Not that I'm resentful. She trotted right past me as if there'd been nothing to worry about, scampered through the door and curled up on our cushy sofa (AKA the homosectional).

I stayed outside a little longer. A shimmering moon rose over the rooftops. The warm night air soft on my skin, I breathed in the perfume of blooming jasmine, nicotiana, and heliotrope—along with the wafting aroma of a neighbor's midnight toke.

Silence. No summer mowers, blowers, roofers or street-repair noise. The night was utterly quiet — all except for the soft rasp of a distant train whistle, and some other poor shmo calling, "Heeeeeeeere kittykittykittykitty!" into the night.



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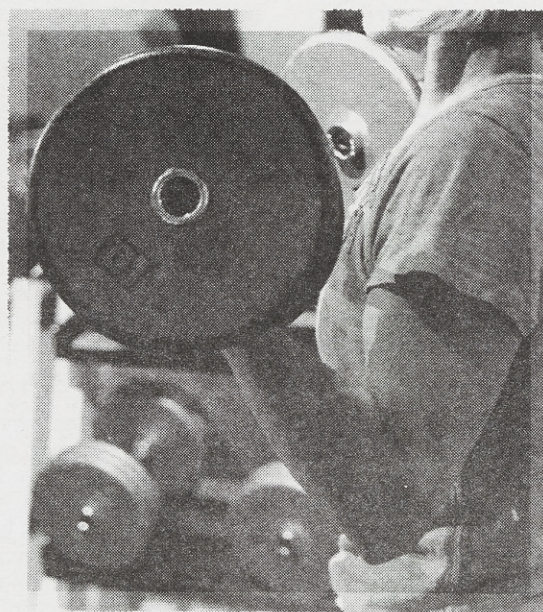
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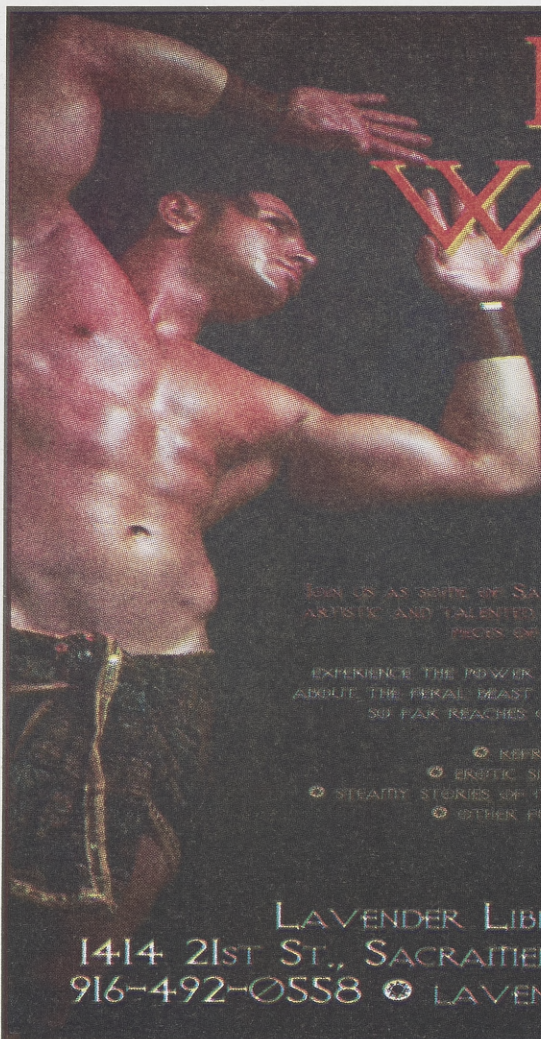
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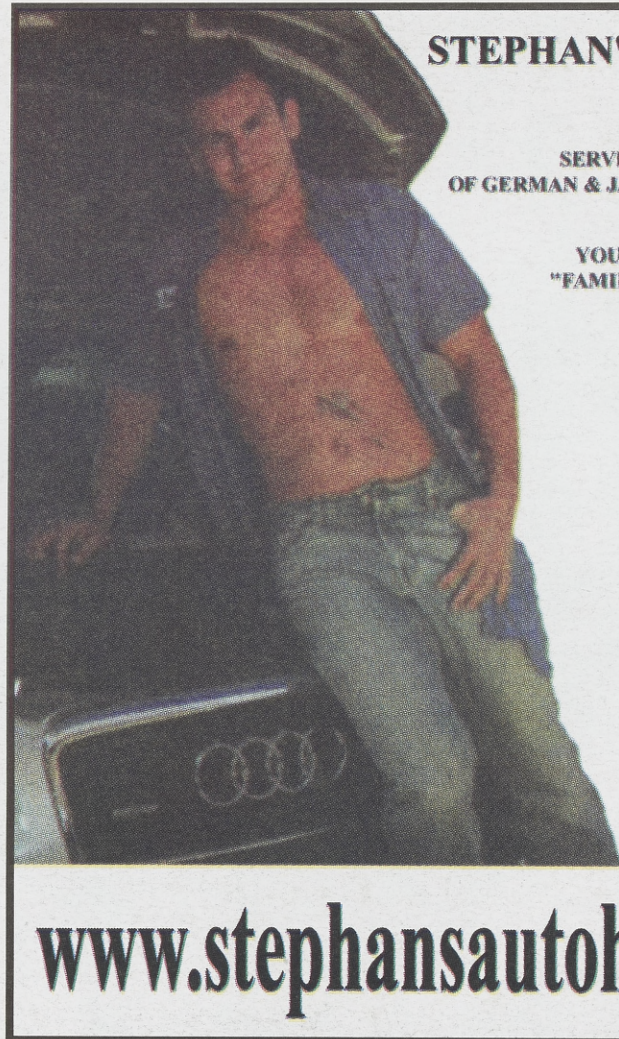
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schedule

The highlight of the weekend,, the Street Faire is held at 20th & K Streets in Midtown Sacramento. The streets are closed in a one-block radius surrounding 20th & K, with gates at 20th & L Streets (Gate A). 20th & J Streets (Gate B), 21st & K, Streets (Gate C) and the railroad tracks on K Street before 19th (Gate D). Each gate area collects the \$10 entry fee. Note that Gate D is open limited hours. It is a logistic gate for entertainers and Rainbow Staff only most of the day.

Vendor booths are located along each of the Streets. Security & Police are behind Stage #1. Medical facilities are on K Street between FACES & Mogavero buildings.

The Street Faire is open to all ages. FACES, The Depot Badlands & Lounge on 20th are all 21+ only venues. Headhunters & Hot Rods are all-ages venues including restaurants.

01 Main Stage

10:30am	Opening Ceremony Dykes On Bikes Color Guard Sacramento Women's Chorus Invocation
11:00am	Politicians & Guest Speakers
11:10am	A Small Difference Women's Choral Ensemble
11:45am	Lambda Players Theater Group
12:00pm	Erasure Cover Band
12:45pm	Cheer SF
1:00pm	Renedezvous With Cool Beans
1:45pm	Friends of Dorothy Hip Pop Belly Dance
2:00pm	Ivan Islas & Violetta
2:30pm	FACES Queer Idol Contest Winner
2:45pm	Cheer SF
3:00pm	Clint Crisher
3:30pm	Unity Dance Group
3:50pm	Watermelon Eating Contest
4:00pm	Lauren Hildebrandt
4:30pm	Kristine W.
5:10pm	Caroline Lund
5:30pm	Dragalicious
6:00pm	Wet Jockey & T-Shirt Contest

BEER GARDEN

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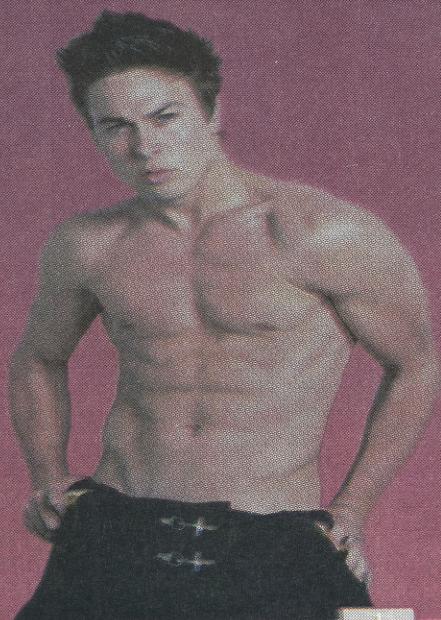
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rainbow festival



Choral Ensemble
up

ans
Belly Dance Group

t Winner

ntest

rt Contest (Faces poolside)

EN

RESTROOMS

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GALLERY

HEADHUNTERS

LOUNGE
ON 20th

NEWSBEAT

AZULS

LUIGI'S

20TH STREET

FACES

DEPOT

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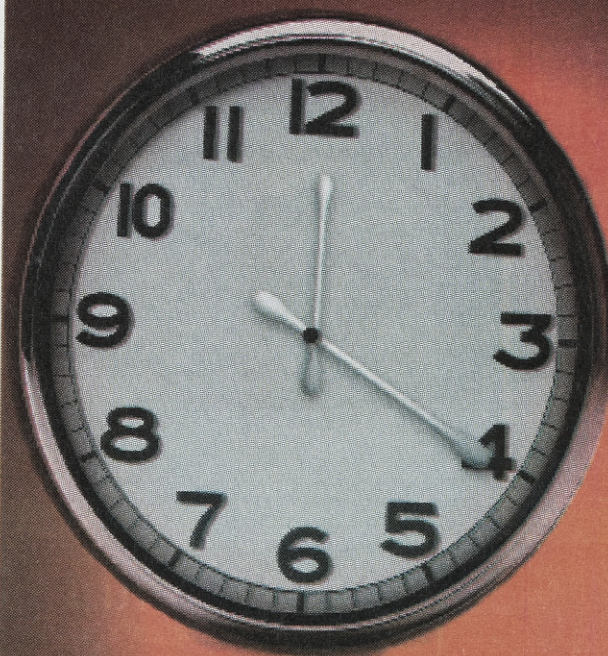
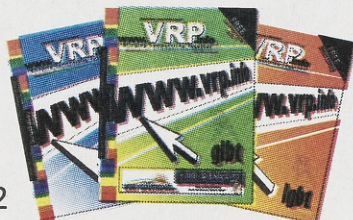
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UPCOMING EVENTS SCHEDULE

Thursday, September 3rd

Black & White Party - Rainbow Festival Kick off Party

Friday, September 4th

Rainbow Festival - Latin Street Fair

Live Performances By:

Beatriz Adriana

Violeta & Aries Trasvesti Show

Miss Gay Latina Sacramento 2009

Saturday, September 5th

Rainbow Festival - Club Show

Dj Felicia Villani (West Hollywood)

Live Performance By:

Sean Van Der Wilt

Sunday, September 6th

Rainbow Festival Street Fair @ 20th & K

10am to 6pm - \$10

Inside Faces:

Violeta & Aries Trasvesti Show

Thursday, September 10th

HEAT - Firefighters Ball

Friday, September 11th

Club Papi Returns!

Live Performance By:

FEY



FACES NIGHTCLUB

PRESENTS...

Rainbow Festival Kick-Off Party

Friday, September 4th

Live Performance By:
Beatriz Adriana



Friday, September 4th

Bathing Suit give away
Andrew Christian • Dolce Gabana • Bi Latin Men

6-8pm

Live latin band (Banda en vivo)

8-9 pm

Violeta & The Aries Transvesti Show
Co-Hosted By: Vianka & Miss Gay Latina 2009
10 fabulous girls to entertain you.

9-11pm

Beatriz Adriana & her Mariachi's to entertain you!

11pm

Sunday, September 6

Violeta Fabulous Revue (el regreso de violeta)
2:30 pm on the main stage
Sunday night Violeta appears with Monique Moore

festival de arco iris '09

22

Fiebre Latina Beatriz Adriana

La Señora Beatriz Adriana nació en Navjoa Sonora, Mexico, el 5 de Marzo de 1958; sus padres fueron el Sr. Casimiro Flores y la Sra. Aida De Saracho, ambos descansan en la presencia de Dios. Es la septima hija de una familia de once hermanos.

A la edad de dos años Beatriz Adriana ya sentia el gusto por la musica, bailaba temas como el manicero, despues cuando comienza a pronunciar sus primeras palabras tambien comienza a dar sus primeros tonos musicales cantando canciones de diferentes generos.

La musica para Beatriz Adriana ha sido su mayor gusto y su pasion en toda su vida, por eso desde pequeña, al ir a las albercas de Tijuana "el vergel" a nadar en compania de su Hermanos ella se divertia y divertia a todo el mundo cantando improvisadamente algunas canciones y despues el publico con el paso del tiempo la solicitaba como su Artista y el dueño del lugar al ver el exito fue a contratarla con sus Papas, quienes se mostraron sorprendidos de ver que una de sus ninas no nada mas jugaba en la casa a las Artistas, sino lo hacia de verdad. El dueño del "Vergel" era el Sr. Lucio Salazar, fue quien le dio su primer sueldo para integrarla al elenco de la variedad de sus tardeadas.

En la misma ciudad de Tijuana hubo otros empresarios que tambien la fueron contratando para sus eventos, uno de esos lugares era el flamingos, ahi es donde ella comienza a alternar con diferentes artistas como Marco Antonio Muñiz, Jose Alfredo Jimenez, Lucha Villa, Los Polivoces, y muchos artistas más.

En el año de 1970 Angelica Maria, al ver a la pequeña tan graciosa y simpatica, por el movimiento de sus ojos, y sobre todo porque vio que era buena cantante decide apoyarla y llevasela a la capital de Mexico para que fuese

escuchada en una audicion por el Señor Raul Velazco, quien dirigia el programa de television mas visto en ese tiempo que era Siempre en Domingo. Ella fue aceptada para hacer tres programas, que se prolongaron por peticion del publico a 64 record inigualable. La niña Bety viajo con su mama 3,000 kilometros en carretera por autobus, soñando con esa gran oportunidad de realizar sus sueños de convertirse en una estrella famosa.

Al año siguiente de haber llegado a la capital de Mexico, muere su madre, la señora Aida De Saracho inesperadamente al ir a la farmacia a inyectarse su dosis que le habia resetado su medico que le controlaba el asma, al momento de la inyeccion, le dio un paro cardiaco y desafortunadamente fallecio. La niña, a sus 12 años de edad se enfrenta por primera vez a la muerte, convirtiendose asi en huerfana de madre. Ocurrida la tragedia, El señor Casimiro Rogelio Flores se dirigio a la Ciudad de Mexico donde se encontraba su hija, para asi poderse llevar de regreso a la Ciudad de Tijuana Baja California, la pequeña sin dudarlo le pidio a su papa hacer los sueños de su madre realidad, suplicandole su autorizacion de quedarse en la Capital de Mexico a vivir con sus tios, La señora Carolina De Saracho y su esposo El señor Miguel Martin. Asi la pequeña comienza a continuar su carrera grabando su primer disco a los 13 años, llendo a representar a Mexico por el Consejo Nacional de Turismo a España a la edad de 14 años, y filmado despues de haber cumplido sus quince años de edad su primer pelicula, "La Comadrita", a lado de su madrina La India Maria.

En la actualidad Beatriz Adriana continua grabando y haciendo presentaciones al rededor de los Estados Unidos y Mexico. Ha radicado en los Estados Unidos, en la Ciudad de Corona, CA desde el 2000. En el 2004 Beatriz Adriana vuelve a ofrecer su talento al Publico con su nuevo Disco "Amor en Secreto, producido y dirigido por ella misma y el cual saldra a la venta en este mes de Mayo del 2004.

Adriana will appear at Rainbow Festival Friday Night, Sept. 4. See ad to left for details.



Kristine W is Miss All-Right

BY GEORGE SHAPIRO

Kristine W, best known for her string of dance floor hits "Land of the Living", "One More Try", "Stronger" and "Feel What You Want", hit the top spot on Billboard again this week with her newest single, "Be Alright". She'll perform the track in Sacramento at Rainbow Festival '09 on September 6.

According to the singer, the song's message of hope triumphing over difficulty is especially poignant today. "With the financial crisis hitting every country, political instability reaching all time highs, and health care in limbo, I wanted to write and sing a song that both expressed how people are feeling and encouraged optimism," says Kristine, a leukemia survivor celebrating eight years in remission.

"The fact that the song is crossing different genres of music proves the message is universal," she continues. "We are all feeling pressure in today's world but we all need to believe that we will get through this. In the end, we will all be alright."

"Be Alright" is the fifth single from Kristine's album, *The Power of Music*. The album has proven its power on the dance scene with five singles - "Walk Away", "The Boss", "Never", "Love is the Look", and now "Be Alright" - all landing at the #1 spot on the Billboard Hot Dance Club Play List.

With the success of the new single, Kristine ties Mariah Carey among artists with multiple #1s on the Billboard Hot Dance Club Play List. Madonna tops the chart with 39 #1s, followed by Janet Jackson with 18. Donna Summer is third with 15, followed by Mariah Carey and Kristine W with 14. Whitney Houston ranks behind Kristine W with only 12 #1s.

Kristine is also the world record holder for Most Consecutive #1 Billboard Club Hits, topping records previously held by Janet Jackson and Madonna.

She is a former Miss Washington and placed first in the talent competition at the Miss America pageant. She has also headlined her own show at the Las Vegas Hilton, winning several 'Las Vegas Entertainer of the Year' awards and being officially sanctioned as the entertainer who performed more live shows at the Las Vegas Hilton than any other performer in its history - including Elvis. June 28th was sanctioned Kristine W day in the state of Nevada.

She will be perform many of her #1 hits from the new album at Rainbow

Festival '09. She will also introduce her next single, the album's title track, "The Power of Music".

Kristine will be performing for the first time since the release of her "The Power of Music" album in Sacramento. She will be performing many of her #1 hits along with her latest Billboard and ACQB radio hit, "Be Alright" and her next single, "The Power of Music." Come experience the POWER in person!

Up Close With Kristine W

BY MATTHEW BURLINGAME

Kristine W is by far one of the hardest working performers in the music industry. Overcoming health difficulties and career setbacks, she has surpassed Janet Jackson and Madonna on the Dance Charts and has even broken her own record.

You have overcome so many obstacles to get to where you are in your life, and your career, who or what do you credit for giving you such unfathomable strength and determination?

I think that my strength comes from my Mother. I grew up seeing my mother struggle through my father's death and watched her take care of my grandmother who was living with us and was sick most of the time. I also watched my beloved church choir director die a slow brutal death of cancer. I've seen so much pain that it makes me really celebrate life. The pain I've seen inspires me to always appreciate the good that I've been given.

Among many things, you overcame a long struggle with leukemia. How did that influence your songwriting; your career?

Two songs that I wrote when I started to feel better and more hopeful about my survival are songs called "Be All Right" and "You are My Happiness". These songs come from a very sincere mindset and I'm looking forward to others hearing them. I think once they do, they'll be able to relate to them no matter what their personal struggles are.

You have always had a tremendous fan base in the gay community did that surprise you?

Yes, At first it did. I was a very well known live performer in Las Vegas and had put out records in the R & B genre for several labels, all the time knowing that dance was my real passion. When my first song blew up in Europe as a dance hit, I was thrilled to learn that the NYC gay clubs embraced it and made it a hit in the gay community. This both thrilled and flattered me to no end.

You readily embraced the community

supporting equal rights, performing at Pride Festivals and speaking out for equality—what or who prompted this for you?

I did one event for the Human Rights Campaign and was so inspired by what I heard from the speakers who took the stage and the sense of community. The energy was incredible at this amazing fund raising event. I can see that HRC is and will continue to be very fundamental in the gay community. They have only the best intentions for this community. It became extremely apparent when I performed for them in New Orleans just after the hurricane. They were the calm after the storm for the gay community.

On charts, you've surpassed Janet Jackson, Madonna, and now yourself. How's it feel to know how well listeners receive your music?

I just want people to feel that I'm writing songs to help them dance through life. I always wished it was more profitable but at the end of the day you can't take money with you anyway.

Sacramento will be cheering you on at the Rainbow Festival. Any parting thoughts for your many fans in Sacramento?

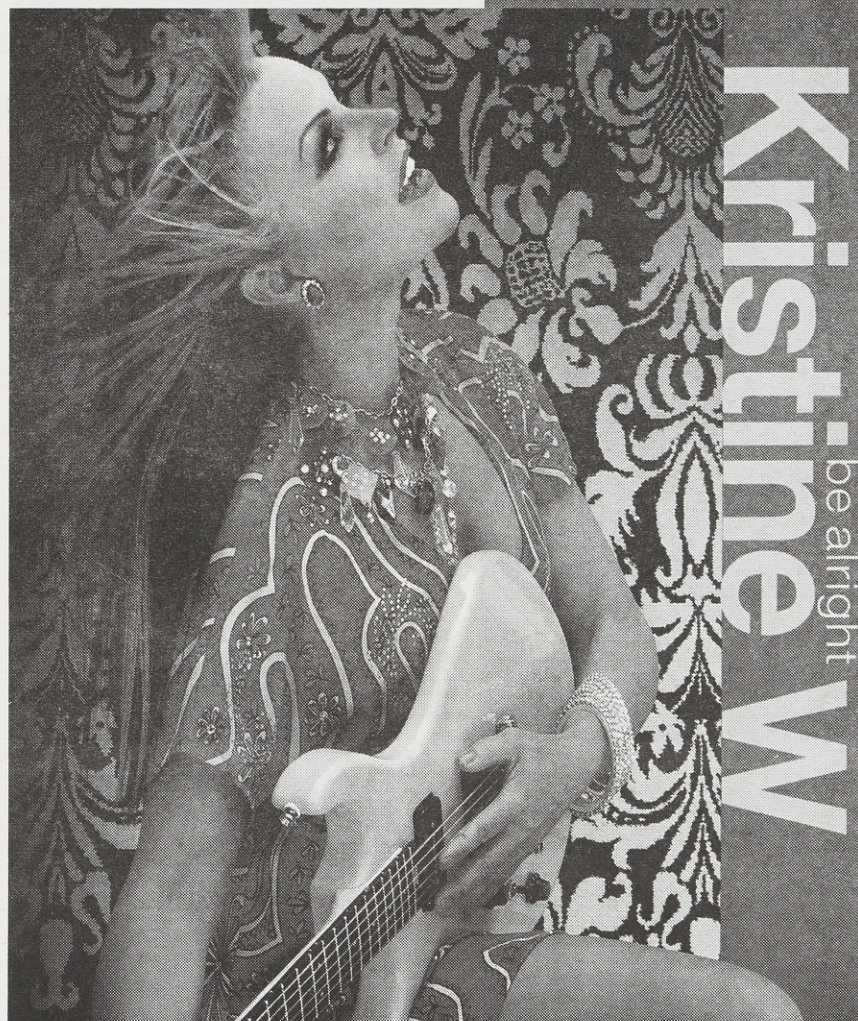
Only that I love you all and thank you for always being there for me. My life would not be as much fun or inspired without my fans.

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CAROLINE LUND TO APPEAR AT RAINBOW FESTIVAL

Caroline Lund today officially released a seven-track remix album for her single, "Move Your Body" with a variety of club-ready mixes from world-famous producers. The song, already featured alongside Madonna and Charo on the popular "The White Party" DJ mix by David Knapp, is reworked with mixes from popular dance producers Wayne G and Outer Sunset.

This is the first multi-track album release from Bay Area-based Lund, who has been a staple of the Bay Area music and art scene over the last 10 years as a club performer and dancer, actress and singer. A recognized local celebrity, Caroline has been a regular performer at legendary San Francisco clubs Ruby Skye, Club Townsend, The End Up and Club Mezzanine.

"Move Your Body" showcases Caroline's sultry vocals and exotic Middle-Eastern chants over heavy house beats and shimmering electro synths. The original track was produced by Leo Frappier, whose credits include remixes for Rihanna, Nina Hagen, Kristine W.,

Crystal Gayle and the late disco legend, Sylvester. Frappier is also half of the production and remix team Outer Sunset, signed to Perfect/Perfecto Digital (Paul Oakenfolds Label), who contributed three of the album's mixes. The song was written by Grammy-nominated songwriter Vincent Brantley a.k.a Van Gogh (Boys II Men) who, among other hits, co-wrote New Edition's 80s hit "Cool It Now."

International DJ Wayne G is behind three of the seven remixes on the album. Wayne's residence at London's famous Heaven nightclub made him a household name and he has since become a much sought-after DJ at the world's biggest clubs. His previous production credits include chart-topping remixes for artists including Cher, Madonna, Kylie, Deborah Cox and Whitney Houston.

A music video for "Move Your Body" has been released to accompany the launch of the album. The video is the work of MTV-award winning video producer (MTV/LOGO'S "Best of 2008 Top Ten Videos") Evan Cowden, who has produced videos by Kristine W. and Pepper MaShay. The video can be seen at: www.youtube.com/CarolineLundMusic

Lund will be appearing at Sacramento's Rainbow Festival on Sept. 6, 2009.

MAMA'S BOY SEPT 2009 JAIME LOPEZ

For those who hang out downtown, and have stopped in for a drink or two at FACES on 20th & K Streets, you've seen MGW's Mama's Boy for September 2009: Jaime Lopez.

Always with a friendly smile on his face, Lopez was born in San Juan Jalisco, Mexico. He and his family

struggled to make ends meet. As a young boy coming to terms with poverty, he found himself often day dreaming of the day he would make it big. While that day might not yet have arrived, his humble beginnings have instilled in him a deep work ethic.

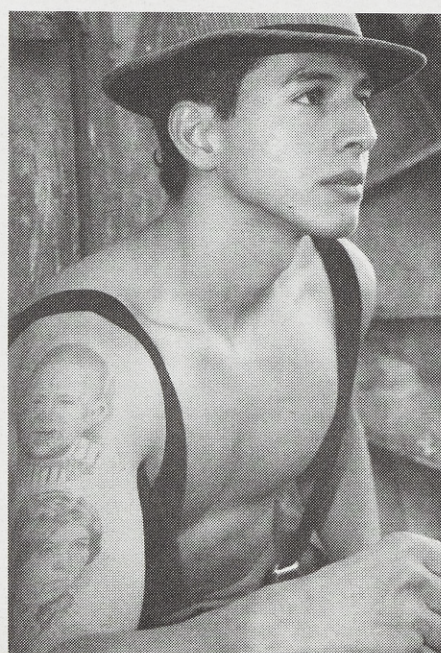
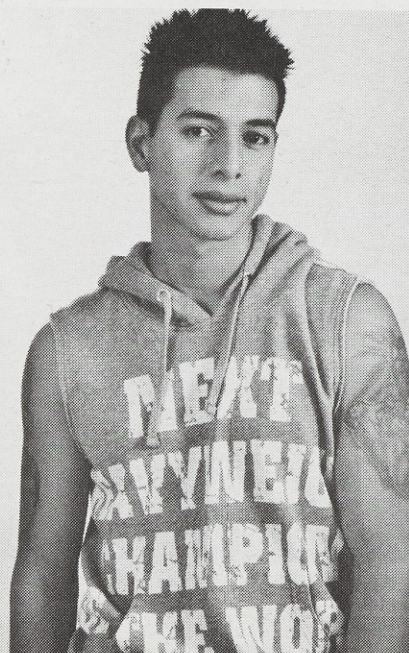
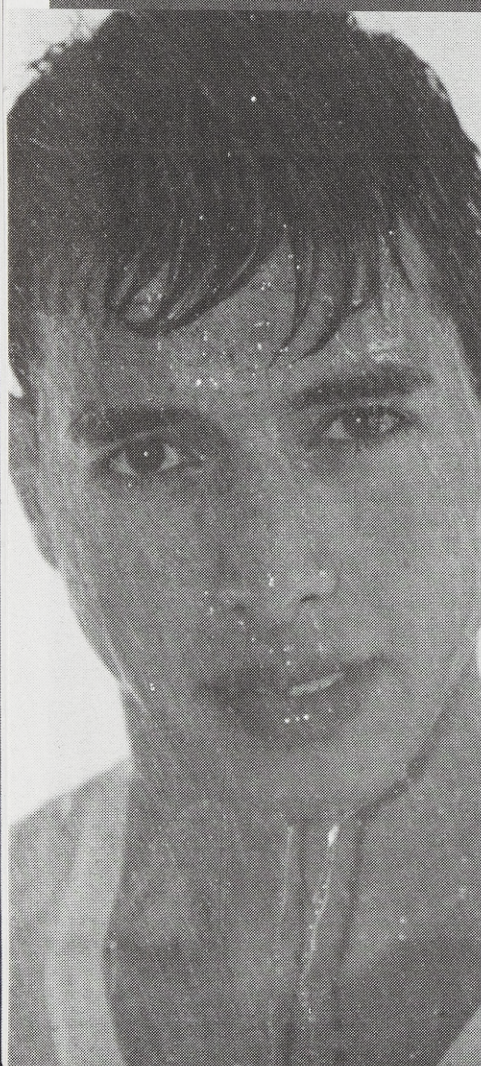
Lopez has worn a number of vocational hats including that of construction worker, waiter and most recently that of bartender at FACES where he is a favorite among regulars.

A Libra, born Oct. 3, 1982, Lopez

has a wide range of interests, most notably boxing. Barely a week goes by he doesn't step into the ring in a Sacramento facility and go a few rounds.

Modeling is a new interest for Lopez, but he seems to be a natural as the photos below show.

Near and dear to his heart, however, is his culture and a desire to better the lives of those who face the same humble beginnings as he did. Stop by FACES and say hi to our Mama's Boy for September.



ADVICE OF THE WEEK: IN FOR A PENNY, IN FOR \$334.88 A POUND

It's shocking how expensive it is to lose weight. I've learned that in spades over the past nine months since my gastric bypass surgery.

Most people would assume that losing weight would actually save you money. "Gracious!" people say, "you must be saving SO much money now that you're eating so much less!"

Economically speaking, this is the equivalent of throwing a handful of dirt into the Grand Canyon and declaring that you've made a new mountain range. It should also be mentioned that anyone who uses the word "gracious!" at the start of a sentence has a tenuous grasp on reality, at best, and is likely to use far too many doilies around their cat infested apartment.

Perhaps I digress.

Yes, you eat less. But what you eat will cost more. It's no coincidence that the obesity problem in the United States is higher among the poor than the rich — the most fattening, delicious, awful, wonderful foods tend to be the cheapest, most available and most convenient. When you have to work a 50 hour week, take care of the kids, maintain a home and feed yourself on a budget, the Chinese delivery place and the chicken shack on the corner often find their way into your speed dial. Since I've started losing weight and stopped ordering from these places I've actually received a couple get well cards from the local Domino's asking if everything's OK. I wish I was kidding.

So you start eating better. This means less prepared foods, which means you're shopping for real, fresh meat and produce. This may hurt your wallet but probably won't break you, financially, unless you

listen to your nutritionist and buy organic. If this is the case, someone is probably reading this article to you, and there's no shame in that. You must be very dizzy after selling all that plasma to make ends meet.

Speaking of which, let's talk nutritionists for a moment. Nutritionists are skinny, fragile, teeny little women who we pay \$50 an hour to tell us how awful everything is that tastes good. Generally, these women seem to have disowned their taste buds in their quest for health; who else could think of steamed brown rice as a "treat"? I knew that I was speaking to the wrong person when I heard my nutritionist suggest that a great way to make lower fat tuna salad would be to use yogurt in place of mayonnaise. She saw my look of horror and was going to say something else but I turned on the electric fan and blew her out of the room.

The surest way to let a fat person know that you're crazy is to tell them that a carrot is as good as a cookie. There's a reason why post-weight loss surgery folks refer to their nutritionists as their "nuts".

Aside from the obvious food stuff is the vitamin supplements. For someone doing a regular diet, vitamins are highly recommended, and good vitamins can be pricey. For someone after gastric bypass surgery nothing but the best vitamins will do. And you'll need A LOT of them. I, for example, need to take 2 doses of multi vitamins each day, 3 doses of calcium, and 1 dose of vitamin B12. If I was a woman, I would need to take iron every day as well. As it is, I think the guy at the Vitamin Shop thinks I'm freebasing his health supplement section.

On top of this, there's Johnny Angel ("Personal Trainer!") who takes his pound of flesh every month. True, walking is free. I could cancel the gym membership to save money, and put Johnny Angel out to the curb. But the truth of the matter is that if I had the willpower to stick to a regular workout routine by myself I wouldn't be in

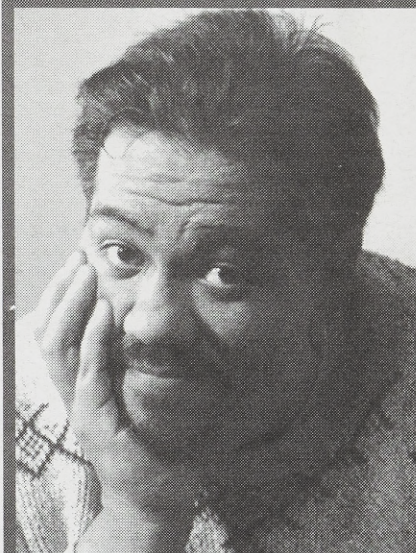
this mess to begin with. Without his overly cheerful, blindingly white-toothed grin at the crack of dawn twice a week I'm not sure I'd have made it as far as I have.

And then, when it all works, when everything's going right and the weight is finally coming off ... there comes the clothes. As most people understand what it's like to have to buy clothes as your waistline increases, I don't think I need to go into how much it costs to cover yourself when you need to update a wardrobe. Now imagine having to do that once a month. I've dropped from a 5X shirt to a 2X shirt, from a 60 waist to a 44 in 9 months. I thought I could just wear the big, baggy clothes until my weight normalized, but they start looking at you funny around the office when your pants keep dropping around your ankles or your shirts slip around your shoulders like a bad 80s sweater.

Last, but far from least, is the cost of the weight loss surgery itself. Ignoring the six weeks off from work to recover, ignoring the short term medications you have to buy immediately after, and just going with the cost of the surgery and the time spent in the hospital, I'm looking at a price tag of \$72,000. True, I didn't pay it — I'm one of the lucky ones that has health insurance that will cover it. Even so, that's one hell of a deductible to deal with.

At the time I write this article, I've lost 215 pounds. Let's just factor in the cost of the surgery to make things simple, ignoring the costs of food, nutritionists, supplements, gyms, personal trainers and clothes. The cost of the surgery, \$72,000 dollars, divided by 215 pounds comes to \$334.88 a pound.

Yep, it's expensive to lose weight, but worth every penny. Rather than a flat purchase, this money can only be seen as an investment into my health, my future and myself. And what better investment could I possibly make?



HUMORIST AND SATIRIST DONALD E. MARSHALL IS A 35-YEAR-OLD GAY MAN LIVING IN HOLLYWOOD, CA WHO RECENTLY MADE SOME CHANGES IN HIS LIFE. OVER THE PAST YEAR, HE'S LOST 180 POUNDS BETWEEN DIETING, EXERCISE AND GASTRIC BYPASS SURGERY. HIS LIFE IS CHANGING QUICKLY, AS IS THE WORLD HE LIVES IN. THE LOCAL ALL YOU CAN EAT CHINESE BUFFET HAS GONE OUT OF BUSINESS. TRAINERS AT THE GYM NO LONGER HIDE UNDER THE DESK WHEN HE WALKS BY AND HE'S EXPLORING THE WHOLE NEW WORLD OF FASHION, DESPITE THE PROTESTS OF LOCAL SALESGIRLS. BEST OF ALL, HE'S LOVING LIFE IN A WAY HE HASN'T IN YEARS! SHRINKINGFATMAN@GMAIL.COM

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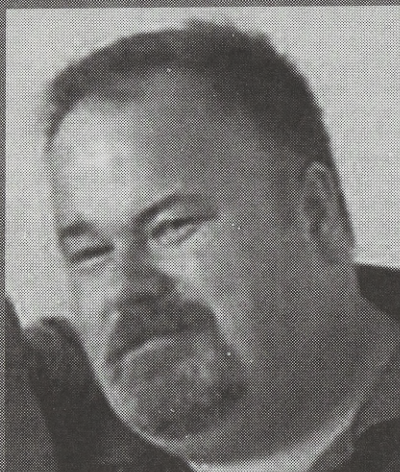
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TOM SWANNER HAS BEEN A FILM REVIEWER FOR 10+ YEARS. HE LIVES IN SACRAMENTO WITH HIS 25-YEAR-OLD BOYFRIEND SEAN AND THEIR GROSSLY OBESE DAUGHTER (READ DOG) "HONEY".



BRIAN JUDD HAS BEEN A FILM REVIEWER FOR 6 YEARS. HE LIVES IN SMALL APARTMENT WHERE A PORTRAIT OF ANITA BRYANT HANGS OVER HIS BED SO HE CAN POINT AT HER AND LAUGH DAILY. HE IS ALONE AND BITTER AND LIKES IT THAT WAY.

Swanner & Judd

SWANNERANDJUDD.COM

DISTRICT 9

Swanner: I remember a time when August was a barren wasteland for movies. That studios would toss out the films they spent too much on just so they could say it was a theatrical release in hopes they could make their money back in DVD sales. Well no more, this August has been a really good month for movies and District 9 tops that list. 20 years ago, an Alien ship came to earth, after months of just hovering over Johannesburg a team makes their way into the ship only to find malnourished aliens. The aliens are moved and held in a camp called District 9. Now that the aliens have outgrown the camp, a new camp is made further away from the city. A group of evictors are sent into the camp to get the aliens to move to their new "homes" and that's when things start going terribly wrong.

Judd: When Tom and I watched the trailers, we argued whether or not the movie was going to be a horror-comedy or a straight forward slash fest. We were both wrong. What we got was a movie that was blurred the lines between action film, political message film, and creature feature. Not only did it blur the lines, but it tackled all three genres brilliantly. The movie is written and directed by Neil Blomkamp, who grew up in South Africa during the apartheid.

Swanner: Politically the film is spot on and almost uncomfortable. Even though the Prawns (that's the name given to the creatures by the Human because of their appearance) are aliens they might as well be any minority that has been ghettoized in the past. Watching the film you see your view of the aliens change from gross horrible creatures to fascinating victims of societies paranoia. The film does have a lot of humor and its placed in just the right spots so we don't become too disturbed by the mistreatment of the Prawns and the gore that ensues. On the horror/sci-fi angle this film is top notch. With a budget of 30 million dollars, District 9 kicks ass and looks like a movie that should have cost 200 million. Just to give you the comparison, The Ugly Truth cost 38 million dollars to make. Hello?

Judd: Not to mention the suspense. I was on the edge of my seat for the last hour of the movie. I think District 9 really proves how actors and budget are not key to a movie's quality. I think it's something that mainstream Hollywood has forgotten. I think the major studios are so afraid of casting the old, ugly and unknown that a lot of excellent movies that could be made are passed over. A good story doesn't need to be fluffed with Bruce Willis or Christian Bale. If it's good there will be an audience. District 9 is good.

Swanner: I haven't been this excited about a movie in a while. It's so original even though it not really an original idea. It just goes to show you that a great script and an inspired director can make something special. I think if this had been made with a major movie star it would have lost its focus. This movie makes you concentrate on the story and the characters and not on how much screen time the star gets. We keep seeing these movies with little or unknown cast that are making the mainstream movies look like crap. As much as I liked Transformers 2...this film is better.

Judd: Oh please! This movie makes Transformers, Terminator and even Star Trek look like B-movies with a bloated budget. If I had to complain about anything in District 9, is that it was a little heavy on the shaky cam, which unfortunately is the gimmick du jour in movies these days. God, I'll be glad when movie makers finally get tired of that crap. I wish I could write them all a letter and tell them I know I'm watching a movie that's supposed to be out in the field of war somewhere, I don't need the headache that comes along with it!

Swanner: I'd suggest that people see this

movie in the theatres. Don't wait to see it because this movie will send a message to studio's that it time to get back to making great movies that make money and not just pay movie stars lots of money and then hope for the best. District 9 is one of those movies we'll be talking about at the end of the year!

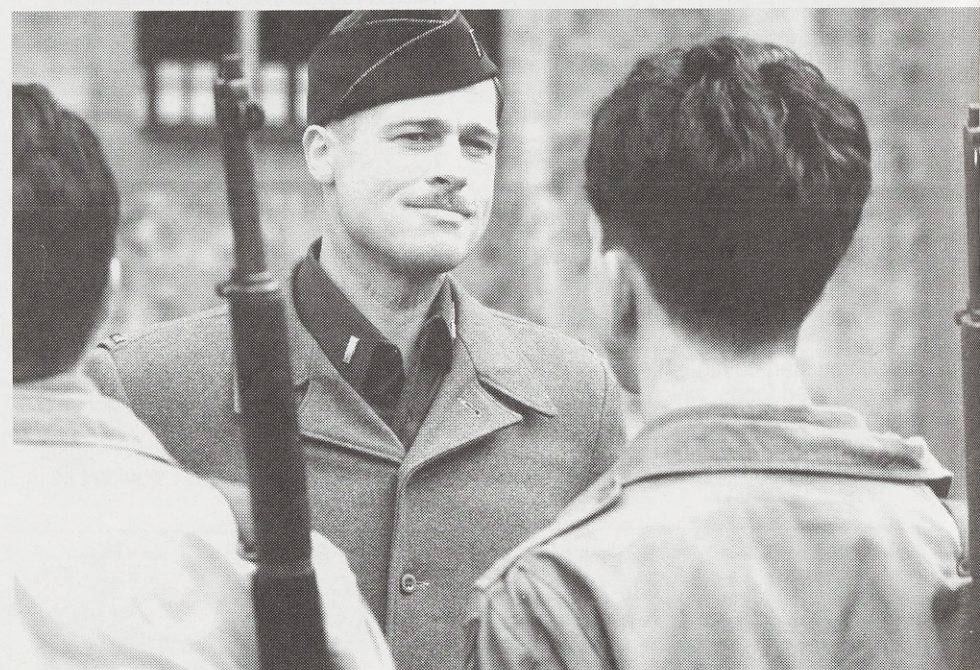
Judd: Absolutely. Not only will it send a message to the studios, but there is no better to watch a great action movie than on the big screen.

Swanner: 4 Stars
Judd: 4½ Stars

INGLOURIOUS BASTERDS

Judd: Quentin Tarantino is back putting his spin on the Nazi movie in his original film Inglourious Basterds — which is NOT based on the 1977 film Inglourious Bastards. Basterds stars Brad Pitt and Eli Roth, but the actor to watch in this film is German actor Christoph Waltz.

Swanner: Damn you...stealing my thunder. Yes, there is a new Tarantino film but all fades to the performance of Christoph Waltz. When you're watching a movie and all you can focus on is one performance. Think Jennifer Hudson in Dreamgirls, Kevin Spacey in The Usual Suspects, Hilary Swank in Boys Don't Cry or Heath Ledger in



Dark Knight. That is how amazing his performance is and it should be recognized. Waltz did win best actor at Cannes this year but that's no guarantee come Oscar time. The actual storyline is about a group of Americans going into occupied France to kill as many Germans as possible who find out they have the chance to take down Hitler and his top three officers.

Judd: The movie — as I soon realized — is not even closely based on real life. The Americans Tom mentioned are not just ordinary Americans. They are Jews that were American born or nationalized before the war and are the baddest assed Jews you'll ever see on screen. Eli Roth plays what the Germans refer to as the Jew Bear, and his specialty is beating Nazi soldiers to death with his Louisville Slugger. Handsome German actor Til Schweiger plays Sgt Sglitz who's very handy with a knife. There's plenty of violence and blood. There's also plenty of dialog.

Swanner: Plenty of dialog? The movie is 2:33 and over 50% of the movie is in French and

German. If I wanted to read a Tarantino script I would have read through a copy of Pulp Fiction. Tarantino is known for his talky scripts but there are some very long scenes that probably could have been shortened. With all that being said, I still liked the movie. Besides the Oscar worthy performance of Waltz there are many other great performances. Earlier you mentioned Eli Roth, besides being very good he also looked amazingly hot in that wife beater and Brad Pitt's no-holds-barred country boy is a welcome relief when things get ugly.

Judd: In the beginning of the movie, Tarantino gave us a wink-wink nudge-nudge moment with the German and the French, and I thought he would have used the opportunity to make the whole film English. Unfortunately that was not the case. I think the movie is a departure for Tarantino from his usually campy over the top dialogue and action, but the elements were still there. I also think that while some of the scene were very tight and tense they did very little to develop the plot and with a 153 minute runtime, something needed cut — not Eli Roth in his undershirt.

Swanner: I thought the production design was really good except the lobby of the theatre. I know this is being fussy but hey...it's what we do. The lobby looked like a set. It distracted me but didn't so much it spoiled the fun. Can we really call this movie fun? I think we can even thought it was very

violent and we're dealing with Nazis. I think it's an element that Tarantino bring to the table. He still wants the movie experience an enjoyable one. As much as I hated the length of the film...I really enjoyed the movie and I'm still reeling over Waltz's performance.

Judd: I would recommend this to hard-core Tarantino fans and people who don't mind foreign language films. I don't think the movie is going to do that well because it's target demographic won't have the patience for the film and I think the audience that would like the movie will be turned off because it's Tarantino. It's not a film for the masses, and I think it's going to affect it at the box office.

Swanner: I agree it's going to affect the box office but I think the fans are really going to like it

Swanner: 3 Stars
Judd: 2½ Stars

EXERCISE: TOO MUCH, TOO SOON!

Whether you're active, sedentary, or in between, most people are looking to get or stay fit. Many people are taking up new sports, and launching ambitious exercise programs which may lead to overuse injuries of muscles, joints, and tendons. Exercisers of any age, but particularly baby boomers (born 1946 through 1964) and seniors, are susceptible to the "too much, too soon" syndrome.

Those who are determined to make up for lost time (for example, taking up a new or past sport) must be careful. The body can't do at 40 or 50 what it did at 20. Younger bodies are more resilient, but as we age, we gradually lose strength and flexibility, leaving us more susceptible to injury. Injuries result if we choose an inappropriate activity, exercise too intensely, exercise for too long or too often, or even switch to a new activity.

Before beginning any fitness program, do an entire body inventory: neck, shoulders,

trunk, wrists, knees, feet, heart, lungs, etc. If you have a particular health concern or medical condition that might be made worse by exercise (for example, asthma, or chronic knee pain), check with a doctor for guidelines before setting up or adding to your program. If you have not worked out in more than six months, it's a good idea to get a checkup first.

Check your attitude. The initial burst of enthusiasm can actually cause problems later. Ease into your new routine gradually to avoid injury or overexertion. It takes time for the body to adapt and adjust to the new physical demands. Just be patient. Work out no more than three days a week to start, and not on consecutive days so muscles have a chance to rest.

Balance training and recovery. A day off doesn't mean you must stay in bed. Do something low intensity and different: take a walk with your partner, do some yard work or go for a swim. You can also increase performance and decrease risk of injury by alternating hard and easy days, and by cross training.

Monitor your breathing when doing

cardiovascular exercises (such as jogging or cycling). Take the talk test. If you gasp for air while exercising and talking, your pace is too fast.

Aerobic exercisers should experience an intensity level of about 5, on a scale from 1-10. Start out with a 30 minute, moderate intensity workout. Cut back your exercise volume and intensity at the first sign of injury, and never increase training volume by more than 10 percent per week.

Easing into a new fitness program ensures your experience will be a positive one. Start your new fitness activities well within your ability level. Not quite sure what that is? Invest in the guidance of a certified personal trainer, who can administer tests, evaluate your current fitness level, and prescribe an appropriate beginning exercise program to meet your individual needs.

Ignore anyone who says just run through the pain. Pain means something is going wrong. You're harming a muscle, a tendon, a joint. If you continue when something hurts, you could be risking serious injury. Forget "No pain, no gain"! If you're very sore after the first day, or have trouble completing your workout, you're doing too much.

Find the right exercise partner.

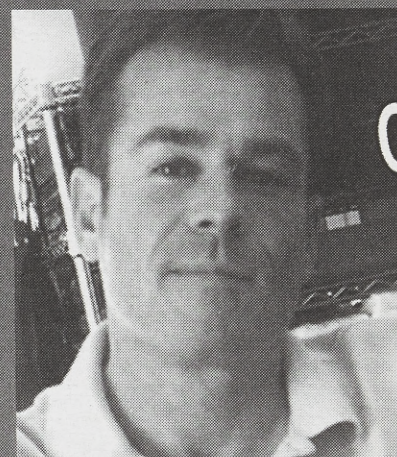
Don't just imitate that big strong hottie nearby who's been working out for years — pace yourself and take breaks until you're in good enough shape to follow a more demanding program.

Get the right equipment. Invest in new, high-quality, professionally fitted shoes, clothes, and gear that are specifically designed for the activity. For example, runners with flat feet or high arches are less susceptible to injuries with the correct foot wear. Cushion the shock of any impact sports with proper equipment and protective gear.

Peak performance results when you balance exercise with plenty of rest and good nutrition. Asking your body to do more than usual creates an overload. The overload stresses your body, and as your body recovers and adapts to the overload, you become stronger, leaner, healthier, more muscular, faster, and sexier.

Without rest, your body cannot adapt, and performance and health suffers. Symptoms of overtraining include decline in performance, slower running times, change in mood, increase in fatigue, irritability, depression, persistent aches and pains, elevation in resting heart rate, depressed immune response (colds and flu more frequent), and overuse injuries (such as stress fractures and tendonitis). If you have questions, a personal trainer or other fitness professional can help you get started.

"Cortisol, Stress & Weight Loss!" was last issue's topic. Remember today's tip, clip it out, save it on the fridge, and make sure to read next issue's topic, "The Best Fitness Programs - Pros & Cons!"



MICHAEL A. COOK, AFAA (AEROBIC AND FITNESS ASSOCIATION OF AMERICA) HAS OVER 15 YEARS EXPERIENCE AS A CERTIFIED PERSONAL FITNESS TRAINER, AND IS OWNER OF FITNESS-HAPPENS.COM AND THE EAST SACRAMENTO TRAINING STUDIO. AS A REGULAR CONTRIBUTOR TO THE SACRAMENTO MGW NEWSPAPER, MICHAEL INTERVIEWS AND WRITES ON HEALTH AND FITNESS TOPICS. MICHAEL (COACH COOK) WELCOMES YOUR QUESTIONS, COMMENTS OR SUGGESTIONS WRITE TO MICHAEL COOK AT 3112 "O" ST, SACRAMENTO CA 95816 OR CALL 916.813.9009

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SONYA COX HAS BEEN MGW'S HIV/AIDS EDITOR SINCE 1986 (22 YEARS). SHE BEGAN AT MGW AS A VOLUNTEER PROOFREADER BEFORE BEGINNING THE HIV NEWSWIRE COLUMN. SHE ALSO BEGAN THE "IN LOVING MEMORY" COLUMN IN EARLY 1993 (15 YEARS AGO). THE JUNE 1993 COLUMN CONTAINED 6 NAMES; JUNE 2008 CONTAINED 77. THE ENTIRE YEAR'S LIST NOW CONTAINS OVER 1000 NAMES—MOST BEING DEATHS FROM HIV.

ANONYMOUS HIV TESTING SERVICES: HARM REDUCTION SERVICES, 3647 40TH ST., WEDNESDAYS 8AM - 5PM; APPOINTMENTS ARE REQUIRED FOR TESTING. 916-875-6022

BREAKING BARRIERS: PROVIDES A WIDE RANGE OF SERVICES FOR PEOPLE LIVING WITH HIV. 2200 21ST ST., 916-447-2437, BREAKINGBARRIERS-SACRAMENTO.ORG

CAPITAL CITY AIDS FUND: RAISES MONEY FOR HIV/AIDS SERVICES IN THE SAC. AREA. CAPCITYAIDSFUND.ORG

CARES: HIV/AIDS HEALTH CLINIC, OUTREACH, EDUCATION AND PREVENTION. FREE, RAPID HIV TESTING M-F 9AM TO 5PM. 1500 21ST ST., 916-443-3299 CARESCLINIC.ORG

GOLDEN RULE SERVICES: A MINORITY BASED ORGANIZATION THAT RESOLVES HEALTH, EDUCATION, EMPLOYMENT AND CRIMINAL JUSTICE DISPARITIES IN PEOPLE OF COLOR. 4433 FLORIN ROAD, SUITE 760. 916-427-GOLD, GOLDENRULES.INFO

NORCAL AIDS CHALLENGE: (MAY 15-18, 2009) A 4-DAY, 330 MILE BIKE RIDE TO RAISE FUNDS AND AWARENESS FOR HIV/AIDS NORCALAIDSCHALLENGE.NET

SACRAMENTO VALLEY AIDS RUN/WALK: SEPT. 916-448-1110, SACVALLEYAIDSRUNWALK.ORG

SAC. VALLEY POZABILITIES: HIV+ SOCIAL GROUP. SACVALLEYPOZABILITIES@YAHOO.COM, PO BOX 161871, SACRAMENTO, CA 95816-1871

SIERRA HOPE: PROVIDES SUPPORT FOR PEOPLE WITH HIV & AIDS. SIERRA HOPE, 1168 BOOSTER WAY, P.O. BOX 159, ANGELS CAMP, CA, 95222, 209.736.6792, SIERRAHOPE.ORG

SUNBURST PROJECTS: PROVIDING SUPPORT TO FAMILIES WITH CHILDREN WHO ARE LIVING WITH HIV/AIDS. 1025 19TH STREET, SUITE 1A, 916-440-0889, SUNBURSTPROJECTS.ORG

GENERIC OF ATRIPLA APPROVED...

A generic version of Gilead Lab's Atripla combo (Viread, Sustiva, and Emtriva) has received tentative approval from the Food & Drug Administration for development and purchase in countries with poor standards of living under the President's Emergency Plan for AIDS Relief. Existing patents prevent the generic from being made in this country, but the approval means that it meets all of FDA's standards for manufacturing quality, safety, and effectiveness.

It will be made by Mylan at their India-based Matrix Labs in the same formulation as the Atripla tablet (300 mg of Viread/Tenofovir; 600 mg of Sustiva/Efavirenz; and 200 mg of Emtriva). Atripla is used as a first- or second-line treatment and has been one of the best-selling AIDS products in developed countries, bringing Gilead over \$1.5 billion in U.S. sales alone for the past twelve months.

Cocktails combining various drugs into a once-daily dose can dramatically improve compliance with complex treatment regimens. This generic should also greatly improve access and reduce treatment costs for people in developing countries living with HIV.

VETERANS TO ROUTINELY GET TESTED...

The Veterans Affairs Dept will now offer routine, opt-out HIV tests to all vets receiving care at their facilities, in accordance with Centers for Disease Control recommendations. VA staff will provide HIV educational materials and discuss testing. The staff will need only verbal consent, and not be required to obtain written consent or coordinate pre-test counseling. The hope is that by dropping the current written consent provision, more veterans will get tested, learn their status, and begin treatment early if they are infected.

The VA stressed that vets who decline to be tested will not lose medical benefits or any right to care. Approximately 22,000 veterans with HIV receive care at VA facilities.

TURNING LIQUID TO SOLID...

University of Utah researchers report promising results from lab tests of a gel that could act as a "molecular condom" to protect women against HIV. The goal of the research is "to develop technologies that can enable women to protect themselves against HIV without the approval of their partner."

In tests, the gel remains liquid as long as it is in contact with the vagina's normal acidity. But when it comes into contact with semen, which is slightly alkaline, the

gel solidifies, trapping any particles wider than 50 nano-meters (there are 10 million nano-meters to one centimeter). This includes sperm, HIV, and other viruses such as human papilloma-virus (HPV) and herpes.

The scientists stained HIV particles with a fluorescent dye to show that the gel-turned-solid had indeed trapped the virus. The scientists said further research will explore increasing the gel's efficiency by adding an HIV drug to destroy the trapped virus before the gel is washed from the vagina. He said clinical trials with people are likely three to five years away.

JOB INCENTIVE...

Compulsory circumcision of army, police, and corrections recruits and personnel has been suggested by a senior health official in Uganda because they are among the "most at-risk" populations in Uganda. The researcher noted numerous studies have shown that, when performed properly, circumcision significantly reduces the likelihood of female-to-male HIV transmission.

Further, she said, while only 1 percent of Uganda's new Prison Services recruits are HIV-positive when they sign up, HIV prevalence rises to 7 percent within five years after graduation. "Male recruits who test HIV-negative should all get circumcised," said the country's STD program manager. "Rwanda, Burundi and Congo are all circumcising."

PORN MAKER SUGGESTS SALES TRUMP MORE SAFEGUARDS...

L.A.'s AIDS Healthcare Foundation has filed labor complaints with the state alleging unsafe working conditions that could spread HIV and other STDs at 16 pornographic-movie companies. They named Hustler Video, Maverick Entertainment, Vivid, and other California adult-film companies, and submitted dozens of movies showing performers engaging in unprotected sex.

"Many people receive their sex education from pornographic films," said the healthcare foundation's president, "and watching unprotected sex could lead them to behave carelessly. We will not stop until there is a policy of requiring condoms to be used in porn."

In response, Hustler publisher Larry Flint said that, "While [condoms] might provide some additional protection, the sales are not going to be there to make the effort worthwhile for the actors and actresses."

CalOSHA (the state's office of Occupational Safety) requires that adult-film actors must test negative for HIV and other STDs within 30 days of going to work on a film. AHF says that porn actors

need to be tested more often than every 30 days, exemplified by the fact that there have been at least 23 cases of HIV reported among these actors since 2004. Both Flint and Vivid Entertainment head Steven Hirsch defended their industry's monthly testing program. And thus far, there has been no legislative support for the healthcare foundation's proposal to change state guidelines and screen the actors more often.

TB POLICY COULD IMPACT OVERSEAS ADOPTIONS...

A CDC policy intended to minimize the number of persons immigrating to the U.S. with multi-drug-resistant tuberculosis is receiving attention from international adoption advocates.

Over the past two years, the CDC has been phasing in new rules about TB testing and treatment for immigrants older than two years of age, including those being adopted by US citizens. The guidelines took effect for Ethiopia on April 1, and for China on July 1.

Adoption interests say the tests and required treatment for those testing positive could result in delays as long as 12 months for those seeking to adopt non-US children. The advocates quote medical experts who say the risk of TB transmission from children under 12 is minimal. In addition, the children are very likely to have access to high-quality health care as soon as they arrive in the U.S.

"We agree it's a rare circumstance that children can transmit TB, but the reality is it can happen," said a CDC spokesperson. But, he said, the CDC has no legal authority to exempt adoptees from rules covering other immigrants.

BOTH HEP C DRUGS ARE COMPARABLE...

A large effectiveness study comparing the top two Hepatitis C treatments shows that Schering-Plough's Peginteron and Roche's Pegasys work equally well. Both injection medications are usually accompanied by an oral dose of the anti-viral Ribavirin.

Concerned community forum bloggers have long discussed the pros and cons of the two treatments, and the study was undertaken by Johns Hopkins University researchers with 3,000 people with hepatitis C to help guide decisions about which treatments work best.

"There has been a lot of debate about these two regimens," said one co-author of the study. "It's great to have a study of this size that really answers this question." He noted that, "When considering treatments for hepatitis C infection, patients and their doctors now have solid evidence that they can



weigh both anti-viral therapies equally for effectiveness, safety, and tolerability." People undergoing treatment for Hepatitis C often feel as though they have a bad case of influenza.

Both regimens cost about \$12,000 for 24 weeks of treatment, and \$25,000 for 48 weeks of treatment.

In participants who began either of the two regimens during early stages of Hepatitis C liver disease, the virus was reduced to undetectable levels in about 40 percent. People with more advanced disease experienced a 20 percent success rate.

One of the findings concerned the current recommendation by physicians that people stay on a high dose of treatment to ensure the best response. But a group of 700 study participants who took a lower dose fared nearly as well, with a cure rate of 38 percent versus 40 percent at the higher dosage. One of the researchers said he still plans to encourage his patients to start on the higher dose, but he said, "Maybe I don't need to push them as much if they are having side effects."

IN LOVING MEMORY OF FRIENDS LOST IN SEPTEMBER

SEPTEMBER 1982:
PATRICK MORIARITY

SEPTEMBER 1985:
FRED HIBBERD

SEPTEMBER 1986:
DAVID WRIGHT
PETER SARTORI

SEPTEMBER 1987:
RON STROUSE
JEFFREY
RUDY ESTRELLA

SEPTEMBER 1988:
LEONARD BOWMAN

SEPTEMBER 1989:
JOEL DAWES
GAVEN CELAYA

SEPTEMBER 1990:
BRENDAN CONKLING
DR. PAUL MAYFIELD
ROBIN NIX

SEPTEMBER 1991:
KIM BROWNLEE

DON ENRIGHT
VINCENT VICTORY
MICHAEL MACMASTER
NEAL LEATHAM
VINCENT PETER CLARK
MICHAEL YOURD

SEPTEMBER 1992:
CARL MCCOLLUM
DAVID COGSWELL
ROBERT ANDERSON
CHICO CHAVEZ
TIM DRAVIS
THOMAS BROOKS MILTON
JIM JENNINGS

SEPTEMBER 1993:
STEVE SECHESKI
DEAN RUFF
DON HEDGES
JAMES BALLEW
DANIEL PORTER
MICHAEL VERA
JOSH HALFORD
TOM RICHARDSON
CARRIE PORTER
PHIL KIBODEAUX
BRIAN DODGE

SEPTEMBER 1994:
MICHAEL HIMOVITZ
KIRBY JOHANSEN
FRANK FITCH
JOHN OWENS
GAY R.
JAIME BAUTISTA
MARVIN A.
GARON MICHAEL GREELEY
ROBERT HARDIN
JOEY LAMB

SEPTEMBER 1995:
TIM "CHEECH" CIGINATO
BRIAN MCKINLEY
MARIO "MARRZ" MANN
SCOTT LEMONS
PETER D.
JOHN H.
JOHN EDWARD BERTSCHE
WILL A.
EDWIN SNELLINGS
RICCI E.
MARK N.
ED D.
DONALD STURTEVANT
RAYMOND SCHIEVER

SEPTEMBER 1996:
LONNY BRINSFIELD
DARIL A.
TIMOTHY P.

SEPTEMBER 1997:
JAMES BRYSON
GARRY LEE BECKER

SEPTEMBER 1999:
ERIK KRAFT

SEPTEMBER 2000:
CHUCK HOLMES
ALVIN HENDRICKSON ("MISS
VENA LAS VEGAS")
MIKE FLORIANI

SEPTEMBER 2001:
BILL HAUSE

SEPTEMBER 2002:
CHARLEY EVELAND

SEPTEMBER 2003:
TODD CANTU
TIMOTHY ROQUERS-POTTER
KEN HOLYCROSS

SEPTEMBER 2004:
PAT MONTCLAIRE
("ABSOLUTE EMPRESS XXIV")
ARTHUR LYONS
HENRY J. MELLO
DAVID MICHAEL SAULT
WILLIAM "IKE" DAWSON
DANNY MANAS

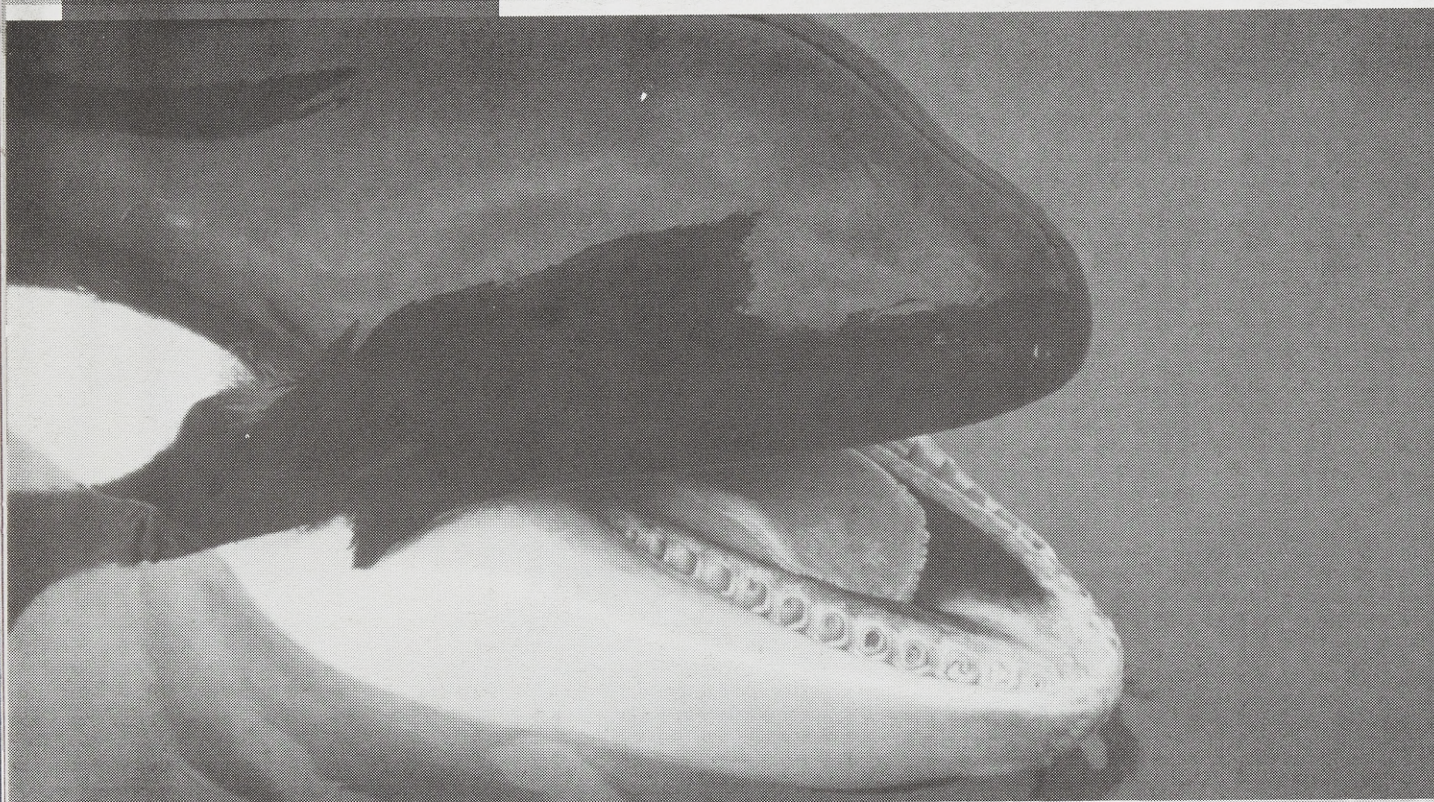
SEPTEMBER 2005:
STAN BOYDEN
DOUGLAS FULLER ("LADY
CATHY")

SEPTEMBER 2006:
JASON DELANO

YEAR UNKNOWN:
AL RICH
RIDER BLUE CRYSTAL
TIMMY ROBERTS
ROBERT ROSS

IF THOUGH NOTHING CAN BRING BACK THE HOUR OF SPLENDOR IN THE GRASS,
OF GLORY IN THE FLOWER, WE WILL GRIEVE NOT, BUT RATHER, FIND STRENGTH IN WHAT REMAINS BEHIND.

TO ADD THE NAMES OF LOVED ONES TO MGW'S REMEMBRANCE COLUMN CALL 737-0309.



How are populations of the world's orca whales faring these days? Are we still in danger of losing them all in the wild?

The largest member of the dolphin family and a major draw at marine parks, orcas (also known as "killer whales") are highly intelligent and social marine mammals that, because of these traits, have come to be known as ambassadors for nature and marine ecosystems around the world.

But the fact that people love orcas—most of us only ever see them in captivity—has no bearing on how well they are thriving in the wild. Many of their habits are still a mystery to science, as the great black and white creatures, which can grow to 26 feet and weight six tons, are fast-moving and difficult to track (they are the most widely distributed mammals on Earth, besides humans).

Given this uncertainty, the International Union for the Conservation of Nature (IUCN), a nonprofit group that maintains a frequently updated global list (the so-called "Red List") of endangered and threatened wildlife, merely lists the status of orcas as "data deficient." IUCN is currently involved in an assessment of orca populations around the world to determine what their status should be.

Orcas may not have a clear-cut conservation status internationally, but the U.S. government is concerned enough about the animals that ply the waters of Washington's Puget Sound and San Juan Islands (known as the "southern residents") to put them on the federal endangered species list. Chief among threats to orcas there is loss of food supply, mostly West Coast salmon populations destroyed by hydroelectric dams and other human encroachment. Habitat loss, chemical pollution, captures for marine mammal parks and conflicts with fisheries have also each played roles in the decline of the Northwest's orcas.

According to the National Marine Fisheries

Service, an arm of the federal National Oceanic and Atmospheric Administration, the southern resident orca population—the best studied wild animal population in the world—has fluctuated considerably since researchers began studying it in earnest some three decades ago. In 1974 the group was comprised of 71 whales, but then spiked to 97 animals by 1996. But since then the population fell below 80 and has remained around that level ever since.

Due to their voracious appetites and their place at the top of the ocean food chain, orcas are very susceptible to pollution and chemicals and suffer from diseases and reproductive disorders accordingly. For this reason many scientists consider orcas an "indicator species" regarding the health of marine ecosystems in general. That is, if orcas are in decline, the rest of the ocean is likely in big trouble, too.

Of course, increased concern about the health of marine ecosystems in recent years is good news for orcas, which are dependent on a wide range of fish and marine mammals for sustenance. The preponderance of protected stretches of both ocean and coasts gives orcas a boost in their struggle to stay one step ahead of extinction. If world leaders continue to value marine ecosystems and limit the extraction of seafood species and contamination by pollutants, killer whales will have a fighting chance to keep on as icons of the sea—and those of us onshore and bobbing on boats will continue to be delighted and amazed by them.

CONTACTS: IUCN, www.iucn.org; National Marine Fisheries Service, www.nmfs.noaa.gov.

Since Obama took office, have any new incentives been put in place for homeowners looking to increase energy efficiency and reduce the overall environmental footprints of their homes?

In fact, yes. Homeowners can get up to \$1,500 back from the federal government for any number of energy efficiency upgrades at home. If you upgrade to energy efficient insulation, windows, doors, heating, air conditioning or water heaters between January 1, 2009 and December 31, 2010, you are eligible for a tax credits of up to 30 percent of product costs.

The credit is capped at \$1,500 combined; meaning it only applies to \$5,000 in total costs. More details are available at the website of the Tax Incentives Assistance Project, a coalition of public interest nonprofit groups, government agencies and other organizations focused on energy efficiency.

Of course, the Obama administration is also thinking long term, and would like to leave its mark in furthering efforts to wean ourselves off foreign oil and increase our production and use of homegrown clean renewable energy. In light of such priorities, tax credits are also available for 30 percent of the cost—with no upper limit—on the installation of renewable energy equipment at home, such as geothermal heat pumps, solar panels, solar hot water heaters, small wind energy systems and fuel cells.

Homeowners won't get the money back when they initially pay for equipment or upgrades, but they can add the credit amount to their overall tax refund, or deduct it from what they owe, when filing their federal income tax forms at the end of the year. Unlike tax deductions, which merely lower the total amount of taxable income, tax credits reduce dollar-for-dollar the amount of tax owed.

Homeowners should know that they can also get federally backed mortgages to pay for a variety of energy efficiency measures, including renewable energy technologies, on their new or existing homes. The federal government supports these loans by insuring them through the Federal Housing Authority or Veterans Affairs programs, allowing borrowers who might otherwise not qualify to pursue upgrades, and securing lending institutions against loan default.

Don't own a home? Depending upon make and model, you can get between \$250 and \$3,400 back from the federal government for buying or leasing a new hybrid or high efficiency diesel automobile. And the automakers themselves—through their own "Automotive Stimulus Plan"—are giving consumers up to \$4,500 back on the purchase of a new or used vehicle that gets gas mileage of at least two miles per gallon better than their old model.

A number of new energy-efficiency incentives are also available at the state level across the country. The Database of State Incentives for Renewable Energy website provides up-to-date listings of what may be available in your neck of the woods. With so much encouragement, how could you not want to go green?

CONTACTS: Tax Incentives Assistance Project, www.energysiteincentives.org; Automotive Stimulus Plan, www.automotivestimulus.org; Database of State Incentives for Renewable Energy, www.dsireusa.org.

Earth Talk

EMAGAZINE.COM



LGBT NON-PROFIT AND COMMUNITY SERVICE DIRECTORY



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ACTIVISM

Equality Action NOW, a Sacramento based grassroots organization dedicated to mobilizing concerned citizens to promote equality for all. Formed in the wake of Prop. 8 the group works to see that LGBT voices and concerns are represented in the larger community. 916.446.1082, equalityactionnow.org

BARS

1099 Club: 1099 S. Virginia St. Reno NV, ten99club.com 775-329-1099

5-Star Saloon: 132 West St. Reno NV, 5starsaloon.com

Badlands Dance Bar: Mon - Sat 4pm to 2am, Sun 2pm to 2am, 2003 K St., 916.448.8790, sacbadlands.com

BoJangles: 18+, 1119 21st St. (Moving Next To Headhunters Soon)

Bolt Bar: Leather/Cowboy/Bear, Open 5pm-2am Mon - Fri, 2pm-2am Sat and Sun, 2560 Boxwood St., sacbolt.com

Brave Bull, 701 S 9th St., Modesto, 209-529-6712, thebravebull.com

Cadillac Lounge, 1114 E. Fourth St. Reno NV

Club 21: 1119 21st St.

Club Yamagata, 16225 Main Street Guerneville, clubyamagata.com, 707-869-9383

Depot Video Bar: 2001 K St., 916-441-6823, Mon - Fri 4pm - 2am, Sat and Sun 2pm - 2am, thedepot.net

FACES Nightclub: 2000 K St., 916-448-7798, faces.net

Mercantile Saloon: 1928 L St., 916.447-0792

Headhunters/ROK: Restaurant, Bar Service until 2am, 1930 K Street, headhuntersonk.com

Mustang Club, 413 7TH St, Modesto, 209-522-0393

Neutron Bar, 340 Kietzke Lane - Reno

Rainbow Cattle CO, 16220 Main St. Guerneville, queersteer.com, 707-869-0206

Russian River Resort (Triple R), 16390 4th St. Guerneville, russianriverresort.com, 707-869-0691

The Patio: 600 West 5th St. Reno NV. 775-323-6565, thepatio.com

Tronix: 303 Kietzke Lane, Reno NV

BUSINESS

Rainbow Chamber of Commerce: Business association promoting networking within the gay and lesbian business community and its supporters. rainbowchamber.com

Valley Rainbow Pages: A directory of LGBT-owned and LGBT-friendly businesses in the Greater Sacramento Valley. vrp.info

FAMILY

Camp it Up: (August 3-10) A family camp known for one-of-a-kind gay family vacations, we respect and celebrate all unique families. www.campitup.org

Camp Lavender Hill: A week-long summer camp for children, ages 9-14, of LGBT families. (2008 camp date has passed). camplavenderhill.org

Lesbian Families: A forum for Lesbian couples with children. geocities.com/lesbianfamilies/index.html

PFLAG Sonora/Mother Lode Chapter: Meets on the third Tuesday of Jan., Apr., July, and Oct., 6:30pm, at the Tuolumne County Library. Other events scheduled through the year. pflagsonora.org

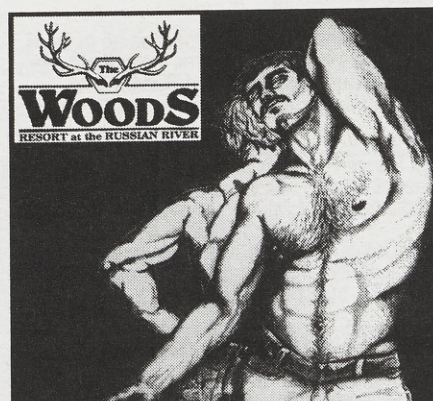
Sacramento PFLAG: Promotes health and well-being of LGBT persons, families and friends. Meets the third Tues. of each month at 7:30pm, St. Mark's United Methodist Church, 2391 St. Mark's Way. 916-978-0410, pflagsacramento.org

FESTIVALS - EVENTS

Reno Gay Pride, August 15th 2009, renogaypride.com

Sacramento Pride: (June) Annual Pride celebration for Sacramento, hosted by the Sacramento Gay & Lesbian center. sacramento pride.org

Rainbow Festival: (Aug. 29 - 31, 2008) Annual LGBT street



877-887-9218 WWW.RRWOODS.COM
16486 4th Street, Guerneville, CA 95446

SeniorGays.org

Support Group for the Senior GLBT Community

As seniors we face common problems of aging, illness and the loss of friends, partners, and relatives. As LGBT people, we sometimes face estrangement from our neighbors and families. It would be good to unite to form a community of support for each other in Sacramento as well as online. In other cities such organizations have flourished and have provided companionship, fellowship, and mutual nurturing to LGBT seniors.

faire over Labor Day Weekend. Rainbow Festival is Run by CGNIE and takes place at 20th & K Sts. rainbowfestival.com

Sac. International Gay & Lesbian Film Festival: (Oct. 2009) Annual LGBT film festival takes place over 5 days. sigliff.org

Sac. Earth Day: Annual Festival coordinated by Environmental Council of Sacramento (ECOS), 909 12th Street, Suite 100, 916-444-0022, sacramentoearthday.net

Sonoma County Pride. Guerneville May 31, 2009

GALLERIES

Crocker Art Museum: The longest continuously operating art museum in the West founded 1885. crockerartmuseum.org

Kennedy Gallery: 1114 20th St. Tues.-Sat. Noon to 7pm and by appointment. mmkgallery.com

HIV | AIDS

Anonymous HIV Testing Services: Harm reduction Services, 3647 40th St., Wednesdays 8am - 5pm; Appointments are required for testing. 916-875-6022

Breaking Barriers: Provides a wide range of services for people living with HIV. 2200 21st St., 916-447-2437, breakingbarriers-sacramento.org

Capital City AIDS Fund: Raises money for HIV/AIDS services in the Sac. area. CCAF's activities include Oscar® Night (Feb. 2010), NorCal AIDS Challenge (May 14-17, 2009), and Sacramento Valley AIDS Run Walk (Sept., 2009). capcityaidsfund.org

CARES: HIV/AIDS health clinic, outreach, education and prevention. Free, rapid HIV testing M-F 9 am to 5 pm. 1500 21st St., 916-443-3299, caresclinic.org

Face to Face - Sonoma Co. AIDS Network www.f2f.org 707-544-1581

Golden Rule Services: A minority based organization that resolves health, education, employment and criminal justice disparities in People of Color communities through culturally competent programs and resources. 4433 Florin Road, Suite 760. 916-427-GOLD, goldenrules.info

NorCal AIDS Challenge: (May 15-18, 2009) A 4-day, 330 mile bike ride to raise funds and awareness for HIV/AIDS norcalaidchallenge.net

Northern Nevada H.O.P.E.S., P.O. Box 6420, Reno NV. nnhopes.org, 888-467-3144

Sacramento Valley AIDS Run/Walk: Sept. 14, 2008. 916-448-1110, sacvalleyaidsrunwalk.org

Sac. Valley Pozabilities: HIV+ social group. sacvalleypozabilities@yahoo.com, PO Box 161871, Sacramento, CA 95816-1871

Sierra Hope: Provides support for people with HIV & AIDS. Sierra HOPE, 1168 Booster Way, P.O. Box 159, Angels Camp, CA, 95222, 209.736.6792, sierrahope.org

Sunburst Projects: Providing support to families with children who are living with HIV/AIDS. 1025 19th Street, Suite 1A, 916-440-0889, sunburstprojects.org

IMPERIAL COURT

Court Of The Great Northwestern Imperial Empire (CGNIE): Parent organization for Sacramento's Court, La Kish Hayworth Memorial Fund, Fairy Godfathers' Fund and Rainbow Festival. myspace.com/cgnie

LAW | POLITICS

California Communities United Institute promotes the social, economic, and human rights of lesbian, gay, bisexual, transgender and intersex individuals, couples, and families; people affected by HIV/AIDS; people of color; women; and people of low economic status. We urge elected officials to enact and support legislation that accomplishes this goal. calcomui.org

Central Valley Stonewall Democratic Club: Helps elect qualified, openly LGBT people to public office, as well as Democratic Party candidates that support equal rights for the LGBT community. cvstonewall.org

California Capital Political Action Committee (CAP/PAC): A non-partisan, political action committee formed to provide a voice for the LGBT community in the political process. cappac.net

Green Party of Sacramento County: P.O. Box 2082, Sacramento, CA 95812, 916-484-4000, sacgreens.org

Libertarian Party of Sac.: P.O. Box 3003, Orangevale, CA 95662, lpsacramento.com

Log Cabin Republicans: logcabin.org/logcabinca/sacramento_chapter.html

SAC Legal: Association of attorneys, legal professionals, and legislative advocates, affiliated with the Sacramento County Bar Assoc. that promotes equality the LGBT community. saclegal.org

Stonewall Democrats of Sac.: Helping elect qualified, openly LGBT people and Democratic candidates who support equal rights for LGBT. P O Box 161623 Sacramento, CA 95816-1623, 916-441-1787, sacstonewall.org

NEW MEDIA

Being Gay Today: Sacramento's oldest, still-running LGBT TV show. Comcast Cable. Access Sac, channel 17. Thurs. 10pm, Now on myspace and youtube. beinggaytoday.com

Checkered Nation Video Show: A gay-focused internet chat show in and around Sacramento. checkerednation.com

Transponder Radio: Internet radio show covering many transgender issues. transponder.com

PERFORMANCE

A Small Difference Women's Choral Ensemble: Women, under the direction of Sage Brown, dedicated to performing music with a message. smalldifference.org

Sac. Gay Men's Chorus: Produces up to three concerts a year, and performs throughout the year at events in and around Sacramento. sgmchorus.org

Sacramento DanceSport: The Largest Same-Sex Dance Program in the United States. Classes, performances and competition. sacdancesport.com

True Colors Women's Chorus: Women building a community through their love of music. 877-758-7827, truecolorschorus.org

RELIGION - SPIRITUALITY

A Church For All: Fosters an all encompassing spiritual community. 721 North B Street, Sacramento, CA, 95816-2073, 916-502-5603, spirit@achurchforall.org. achurchforall.org

Atheists and Other Freethinkers: Promoting the civic understanding and acceptance of atheism in our community. aofonline.org

Atonement Lutheran: Welcomes all people, regardless of race, language, previous denominational affiliation, gender, or sexual orientation. at-one.org

Grove of the Oak: An eclectic group of Druids, Wiccans, and other Pagans who gather twice a month and on the eight annual Celtic seasonal festivals, to share community, perform ritual, create magic, and support each other in our chosen earth-honoring pagan paths. groveoftheoak.org

Lutheran Church of Our Redeemer: LGBT affirming and supports the Lutheran Lesbian & Gay Ministries. lcorsec.org

Pioneer Congregational Church: LGBT open and affirming. 2700 L Street, 916-443-3727, uccwebsites.net/pioneercongsacramentoca.html

Sacramento Friends Meeting (Quaker) 890 57th St, Sacramento., 916-457-3998 sacfriendsmtg.org

St. Mark's United Methodist Church: A Christian community welcoming a diverse congregation. stmarksuwc.com

St. Paul's Episcopal Church: A Christian community that embraces one and all to worship together at God's table. 1430 J Street, 916.446.2620, stpaulssacramento.org

Trinity Episcopal Cathedral: LGBT affirming. Christian worship, life and ministry. 2620 Capitol Ave., 916-446-2513, trinitycathedral.org

Valley Ministries: Existing to communicate God's love and accept all people. 4118 Coronado Ave, Stockton. 209-464-5244, valleyministries.com

RESOURCES

Amador County LGBTQ Support Group: Amador County Mental Health - call Mary Pulskamp at 209-223-6412

GaySacramento.org: Interactive online resource for LGBT Sac. news, events and community resources. gaysacramento.org

Lavender Library: Serves the LGBT community as a lending library and archives as well as houses LGBT activities. Loans books, periodicals, DVDs (general and erotica), to members. lavenderlibrary.org

yourgayreno.com Online resource for Reno residents

outsacramento.com: Internet links, photos, message board and news for LGBT Sacramento. outsacramento.com

Diversity R Us: Support group for Yuba City-Marysville LGBT. groups.yahoo.com/group/diversityrus

Foothill Lesbians and Gays Social Network (FLAG): An organization for the LGBT community in the Sierra Foothills of No. Cal. flagamador.webs.com

Gaysonoma.com: Online Guide to events, personals, gay businesses, community organizations, classifieds, for Sonoma County LGBT. gaysonoma.com

"If The Shoe Fits": Gay/lesbian organization in the Foothills of El Dorado County that provides social/recreational activities for members. itsfnews.org

Nevada County Pride: Social network of gays and lesbians in western Nevada County in California. nevadacountypride.org

Out In The Mother Lode: Social network for fun/support among the LGBT in the central sierra

foothills. outinthemotherlode.org

Rainbow Frontier: A website for LGBT adults in rural/frontier areas of Northeastern California funded Plumas County Public Health Agency, 1-800-801-6330 or 530-283-6358, rainbowfrontier.org

Sac. Gay & Lesbian Center: Serving the LGBT of Greater Sacramento and surrounding counties, providing facilitated discussion groups for LGBT youth and adults, counseling, legal services, HIV prevention and education services and programs for LGBT seniors, families and people living with HIV/AIDS. saccenter.org

Sierra Gay Men's Network: A newsletter & blog with news for Gay Men and their friends in the Sierra Foothills of California. sgmn.org

Solano Pride Center: Support for LGBT of Solano County. Solano Pride Center, 1125 Missouri St., Ste. 203-D, Fairfield, CA 94533, 707-427-2356, solanopride.org

Stanislaus Pride Center: Resources and support for LGBT persons in Stanislaus and surrounding counties. stanpride.org

Stonewall Alliance of Chico: Services and support for LGBT people in Chico and surrounding areas. stonewallchico.org

SENIORS

Senior Gays: A resource for the senior LGBT and friendly community. SeniorGays.org

Prime Timers of Sacramento: Prime Timers is a social club for mature gay or bisexual men and their younger admirers. We will be having 4 or more meetups/events a month. Email PrimeTimersSac@comcast.net or call Denny at 916 647-9587.

SOCIAL GROUPS

Capital City Squares: A square dance club for LGBT people who want to learn and enjoy Modern Western Square Dancing. iagsdc.org/capitalcity

High Sierra Primetimers, 1730 Aquila Dr. Reno, 775-324-6785

Males Au Naturel Sacramento (MANS) - A gay/bi male naturist organization for men who enjoy social naturism in positive. groups.yahoo.com/group/malesaunaturesacramento
Natomas LGBTQ: A group to connect Natomas area queers for in-person social activities. An alternative to the bar scene. natomaslgbtq.wordpress.com

Sac Woof Society: A social group for bears and bear lovers. sacwoofsociety.net

Gay Men's Book Group: A literary group for Sac. gay men. Meets once a month (usually 3rd Wednesday). groups.yahoo.com/group/sacgaybookgroup

Pink Pistols - LGBT group with an interest in shooting sports and self defense. pinkpistols.org/local/sacramento

Sacramento Professional Men's Group: Alternative lifestyle men who get together for networking and social gatherings with other professional men. groups.yahoo.com/group/SacramentoProfessionalMensGroup

Sac. Valley Bears: A social and charitable organization for bears and bear admirers. sacvalleybears.org

Sac. Valley Knights: Northern California motorcycle club whose membership consists solely of those who own and ride motorcycles. valleyknights.org

Sac. Valley LeatherCorps: Gay men's and women's organization seeking to educate

and mentor members of the Leather/BDSM communities through classes and other club activities. svclub.org

Western Slope Men's Social Group: Online forum for gay/bi men on/near the Western Slope of the Sierra Nevada's (between Sac. and So. Lake Tahoe). groups.yahoo.com/group/WesternSlopeMensSocialGroup

Yuba-Sutter Unity: Social, education & community involvement. gayyubasutter.com, groups.yahoo.com/group/Yuba-Sutter-Unity

SPORTS

CHEER Sacramento: Volunteer cheerleading squad now cheering at games for West Sacramento Wolverines. cheersacramento.org

Frontrunners of Sacramento: Social group inclusive of all types, sizes, dispositions, and levels of activities with running and running events as a main focus. frsac.org

Gay & Lesbian Sierrans: Lesbians and gay men who enjoy outdoor adventures and camaraderie. motherlode.sierraclub.org/gls

Gay Sport Bike Riders of Sacramento - Gay sport bike enthusiasts who meet, post rides and related links. Serious enthusiasts 18+ are welcome. autos.groups.yahoo.com/group/SAC_GSR

River City Bowlers: Gay and Lesbian Bowling league. Winter league runs from Sept.-May and averages 22 teams per season. Summer league lasts 12-13 weeks beginning in June. rivercitybowlers.homestead.com/about.html

Sac. Capital Crossroads Gay Rodeo Association (SCCGRA): Sacramento's gay rodeo chapter. capitalcrossroads.org

Sacred City Derby Girls (SCDG): Sacramento Women's Roller Derby team. sacredcityderbygirls.com

THEATRE | FILM

Lambda Players: LGBT theatre company now in its 21st Season. 1028 R Street, 916-444-8229, lambdaplayers.com

24th Street Theatre: Hosts Runaway Stage

which does musicals and larger well-known plays. Facilities for large meetings, lectures, film screenings and performances Sierra 2 Center, 2791 24th Street, 916-452-3005, sierra2.org

Capital Stage - Capital Stage, Delta King: 1000 Front Street, www.capstage.org

Mondavi Center - 530-754-ARTS, One Shields Ave. Davis, mondaviarts.org
Shiny Object: Weekly showings of independent films and Rocky Horror Picture Show. 600 4th St. West Sacramento, shiny-object.com

The Crest Theatre: 1013 K St., 916-44-CREST. Shows independent and LGBT films. Often hosts Sacramento Gay & Lesbian Film Festival. thecrest.com

TRANS SUPPORT

Sac. Gay & Lesbian Center Trans Support: Counseling services available for transgender people. 916-442-0185, Ext. 102. 1927 L St., saccenter.org

Kings of Drag: Performance troupe of women dressing in male drag. kingsofdrag.com

Sac. Gender Alliance: Provides recreational and educational needs of the trans community, their spouses, family members and related professionals. 916-442-0185, Ext. 141, saccenter.org

Sigma Delta Gamma "Sac. Delta Girls": A chapter of Tri-Ess, an educational, social and support group for heterosexual cross-dressers, their spouses or partners and their families. 916-359-2328, geocities.com/Sigma_Delta_Gamma

Transgender Law Center — Works to make California a state in which we can all fully and freely express gender identities. 870 Market St., Room 823, San Francisco, 415-865-0176, transgenderlawcenter.org

Sacramento FTM Support Group, Lavender Library located at 1414 21st St. Sacramento, First Tuesday of every month, A safe, supportive environment for individuals who were born female bodied and identify as male. lavenderlibrary.org

Sacramento Transgender Coalition, SacTGC,

is an alliance of transgender groups who wish to strengthen the transgender community in Sacramento so we can collaborate to make changes and educate the general public about the proper terms and treatment of all transgender individuals, young and old. sactgc.org

Trans Families Sacramento, Support group for families with transgender members. They meet on the third Sunday of every month in the Lavender Library (1414 21st St., Sacramento) from 6-8 p.m., transfamilies@sactgc.org

River City Gems, Celebrating Feminine Expression, A social and support group serving the crossdressing and transgender community of Northern California, info@rivercitygems.org

Sutter Gender Identity Support Group at Sutter General Hospital, 2801 L St (28th and L) Downtown Sacramento, The MCC group is an open, non-religious, non-profit, non-sexual social group for those who are serious about their transformation. Meets on the third Saturday of every month at 6:30 p.m. at the Sutter General Hospital, 2nd floor Conference Room C, 2801 L St, Sacramento, for a potluck and fellowship meeting.

Sacramento Trans Youth, Peer support group for young people in their teens through early twenties, sactyouth-owner@yahoo.com

Colage, Equal Justice For People with LGBT Parents & Our Families, a national movement of children, youth, and adults with one or more lesbian, gay, bisexual, transgender and/or queer (LGBTQ) parents. 1550 Bryant Street, Suite 830, San Francisco, 415-851-KIDS, colage@colage.org

Our Family Coalition, Bay Area LGBT Family Organization, Promotes the rights and well-being of Bay Area LGBT families with children 870 Market Street, Suite 872, San Francisco, 415-981-1960, info@ourfamily.org

TransGender San Francisco (TGSF), For all members of the Transgendered Community. 415-839-9448, transgendersanfrancisco@yahoo.com

Trans:Thrive, A drop-in center by and for trans. 815 Hyde Street, 2nd Floor, San Francisco, 415-409-4101

WOMEN

Adventure Out Women: Business networking, social activities, special events and recreational adventures throughout California year-round. adventureoutwomen.com

Lesbian Cancer Support: Meets third Monday of each month at 6:30pm. Bring partners or support people with you. ROXANNE1040@aol.com

Rainbow Womyn (Sac.): Online social group for Womyn. groups.msn.com/RainbowWomynofSacramentoCA

Sac NOW: Feminist news, actions, and

opportunities. Meets monthly on the 3rd Thurs., 7pm, at the Hart Senior Center at 915 27th Street (27th & J St.). sacnow.org

Sacto Girls: Lesbian social group for women in the Sacramento and surrounding areas. members.aol.com/sactogirls/index.html

Sisters of Scota Foothills Chapter: Women's Motorcycle Club who rides mostly in the foothills. soswmcfoothills.org

Sisters of Scota Women's Motorcycle Club (SOSWMC): A tightknit sisterhood on women motorcycle riders who plan social events and raise funds for various charities. SOSWMC@hotmail.com, soswmc.org

Sac. Area Lesbian Health Resource Guide: A guide to help lesbians in the greater Sac. area identify and obtain services from providers who are sensitive to the needs of lesbian, bi and trans women. saclesbianhealth.com

Single Lesbians of Sac.: A community of single lesbians in the Sac. area interested in meeting other lesbians for the purpose of dating. groups.msn.com/SingleLesbiansofSacramento

Women On Wednesdays: Social discussion/activity group meets each Weds. at the Gay & Lesbian Center, 1927 L St. 7-9pm. Open to lesbian, bi and trans women. saccenter.org

Womyn Over the Rainbow: A group open to lesbian womyn over the age of 40 for the purpose of building friendship. groups.msn.com/WomynOverTheRainbow

YOUTH

CSUS Pride Center: Open to Sac State LGBT students. Lassen Hall 3011, 6000 J Street, 916.278.8720, Email: pride@csus.edu, csus.edu/pride

Delta Lambda Phi: A non-secret, non-hazing, national social fraternity founded by gay men for all men. dlp.org/iota/DLP.htm

Lambda Delta Lambda: Queer-friendly Sisterhood/Sorority social network on campus, accepting of all social identities and backgrounds. ldlucdavis.org/about.htm

Modesto LGBTQ Youth: LGBTQ Youth in Modesto and surrounding areas. myspace.com/lgbtqmodesto

Rainbow Club Of American River College: LGBT students on the American River Campus. geocities.com/arc_LGBTclub

Queer Straight Alliance CSUS: Social/Activist group on campus. myspace.com/queerstraightalliance

RESPECT Sacramento: A grassroots organization dedicated to creating safe schools for all sexual minority people in Sacramento area schools. Meets the second Weds. of the month, 6:30pm at Lavender Library, 1414 21st St. 916-733-2135, RespectSacramento.org

Sac Youth Yahoo Group: Forum for LGBT and friendly youth under 21 years old. sacyouth.net

City College LGBT Club: 3835 Freeport Boulevard, 916-558-2111 Advisor: Gayle Pitman, Behavioral & Social Sciences, pitmanG@scc.losrios.edu, wserver.scc.losrios.edu/~LGBT/index.html

U.C. Davis LGBT Resource Center: Campus Center for LGBT students. 530-752-2452, lgbcenter.ucdavis.edu

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the last word

I'm sorry I wasn't in the last issue; I was moving! Ugh! I moved into a duplex — which I love — because it has a backyard where all three of my dogs can run around. Living in an apartment I had to keep them in all the time, which I just hated. Dogs need outside time and now they can play outside all day and get all the exercise they need.

I want to thank the people who helped me with my strenuous move: Lexus Moore, Jesse, Seanie, Paris, Krystal, Spade Moore and Nicolette Moore. If it wasn't for them helping I would be ass out!

Guess what! I did it again! I got another superhero tattoo. I got a huge Wonder Woman on my left arm which you can see in the picture to the right. I went to my favorite place and my favorite artist, Jason Sheffield.

Last month was FACES 24th Anniversary and boy did I have a fabulous time all the nights that there were events going on! I went to the White Party (and even wore white — as virginal as I am) where Miss Chi Chi LaRue was the special guest DJ and boy did she lose a lot of weight! I almost didn't recognize her, she looks fabulous! Go, Bitch!

She brought a few of her porn boys who were hotter than Hell and trust me as evil as I am, I have been to and from Hell so I know what I am talking about. I just wanted to fondle those boys! OK, well, I did!

I'm glad that I went out all nights of the Anniversary because I am happy and love to show support to my place of employment! (Psst, I'm bucking for a raise.)

Rainbow Festival is almost here, which I can't wait for. I will be hosting the second half on the mainstage from 2 - 6 p.m. and can't wait to see Kristine W! Make sure to check it out and enjoy a festive day good LGBT fun!

I judged the last semi-finals of Queer Idol and the winner was Jay, who dressed up as Tracey from Hairspray, and sang "Good Morning, Baltimore". He was amazing and what a great transformation from man to drag! The finals are coming up and I can't wait to see who wins!

Starting Monday, Sept. 28 at 10:30 p.m. "Monique Moore's Got Talent Search Season 2" begins. If you or your friends have any type of talent, come on down and compete for a \$50 cash prize every Monday night.

This past week I traveled to Bakersfield with my daughter Lexus Moore to attend my daughter Majesty Moore's birthday bash. The show was awesome and Majesty looked magnificent the whole night! It was great because I finally got to take a pic with my

drag daughters from Bakersfield — which you can see in the picture to the right.

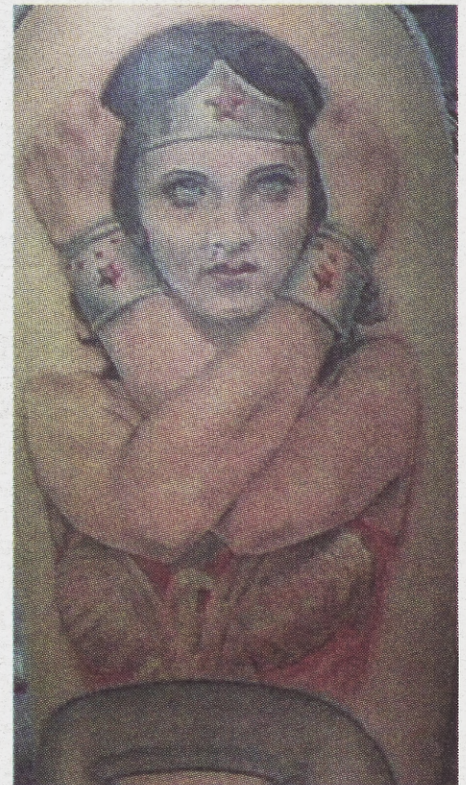
Earlier that week after coming home from the club in drag on a Saturday night I and a few friends decided to stop at the Jack In The Box located on Stockton and Broadway for a late night snack. Ordering our food in the drive thru, a guy comes up to us and robs us at gunpoint! Yes, he robbed us which was frightening! I gave the man what he wanted because as big and bad as anyone is, no one is able to stop a bullet — unless you're the man of steel or wonder woman, which we weren't.

It was a scary situation I hope to never be in again. My friend called the police and when they arrived — they got him! We even got our money back. (Thank God, because that was our food money and I was hungry!) It seems that quite a few people have been getting robbed at gunpoint; my son Spade Moore was robbed last night at a liquor store and had a anxiety attack as a result. So people, watch where you're walking throughout the night because I wouldn't want the same thing to happen to you!

I want to congratulate the three candidates for Grand Duke and Duchess XXX this year: Miss Key, Spade Moore and Michael Kennedy. Good luck to all three of you! Any one of them will do a great job for the community!

Make sure to come and see me at Sacramento's top drag show "Dragalicious" every Sunday night at FACES Night Club at 9 p.m. Until the next time ...

This is Mizz Monique Moore always getting in "The Last Word".



MIZZMONQUIE74@AOL.COM

The Last Word

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Rainbow Festival Kick-Off Party Friday, September 4th

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Live!**



Friday, September 4th

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6-8pm

Live latin band (Banda en vivo)

8-9 pm

Violeta & The Aries Transvesti Show
Co-Hosted By: Vianka & Miss Gay Latina 2009
10 fabulous girls to entertain you.

9-11pm

Beatriz Adriana & her Mariachi's to entertain you!

11pm

Sunday, September 6

Violeta Fabulous Revue (el regreso de violeta)
2:30 pm on the main stage
Sunday night Violeta appears with Monique Moore